



E-CIGARETTE VAPING: SAFETY & HEALTH UPDATE NEW FLAVORED DISPOSABLES?

Time to enjoy summer break! The rules about staying home are relaxing. Shelter-in-place is lifting. Families are grateful for warm weather and fresh air outside. Teens and college kids playing it safe are walking and talking 6 feet apart. Parents continue reminders about hand washing and masks. Add to that list to talk about vaping. Tactics of the Big Tobacco industry, like Covid-19, persist. If not designed to look like an Apple Watch, CamelBak, ChapStick or the vape hoodie with drawstrings for puffing, vape devices are disguised as something else. Curious teens play at adulthood in stealth mode. Substance use isn't a behavior of the "bad kid" down the block. It is risky, harmful behavior appealing to the brains of all kids who sometimes just tried something once or twice. Teens are less risk-averse because their brains are wired for experimentation. The brain is less vulnerable to addiction starting around age 25, so the goal is to delay use as long as possible. Locally, 82% of teens are vape-free (Illinois Youth Survey 2018, past 30-day use data). While most are not using, that number is still concerning.

Hurdles to overcome include teen perceptions of vaping safety. Two-thirds of teens think their vapes are just flavoring, according to the National Institute of Drug Abuse. Almost all vaping products contain toxic chemicals including high concentrations of nicotine. The pod-based e-cigarette systems of the last few years, typically disguised as USB devices recharging on a laptop, are still going strong. This is despite the FDA ordering a stop to manufacturing, distributing and selling of the syrupy, kid-centric flavors of pod systems such as JUUL. Like a game of Whac-A-Mole, almost overnight new products popped up to fill the void. The biggest and gaining in market share: flavored disposable e-cigarettes. New brands include Puff Bar and Posh Vape. They look like JUUL devices and come in all of the fruity candy and dessert flavors. At \$5, give or take a few bucks, a disposable is half the price of a pod and comes fully charged. To offset the social media influencers in sunglasses vaping poolside, our teens need information from credible sources about risks. Fortunately, parents are staying in the game and providing ongoing, calm dialogue. Rather than pinning them down about whether they've used, parents can take a more general approach, asking about what they are seeing among their friends and whether they're concerned about serious health effects of nicotine and vaping. And, while most teens are so far shaking off the novel coronavirus without serious illness, vaping and COVID-19 both attack lungs, doubling down on complications. Keep summer break fun, staying safe, healthy & vape-free!



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RESOURCES FOR YOU

- Surgeon General
- National Institute on Alcohol Abuse and Alcoholism
- Substance Abuse and Mental Health Services Administration
- Centers for Disease Control and Prevention
- National Institute on Drug Abuse

IN PARTNERSHIP WITH

The Power of Choice is a project of 360 Youth Services, Naperville School District 203, Indian Prairie School District 204, Naperville Police Department, KidsMatter and District 203 and 204 Parents. Survey and data analysis provided by Center for Prevention Research and Development (CPRD) at the University of Illinois.

POWER OF CHOICE CONTACT

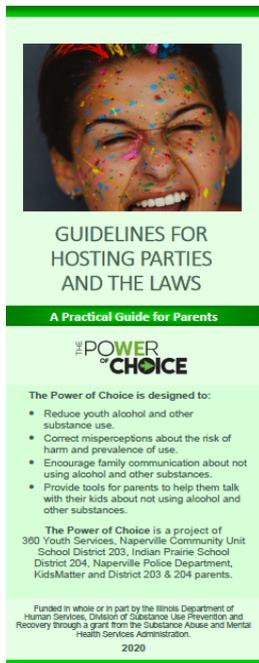
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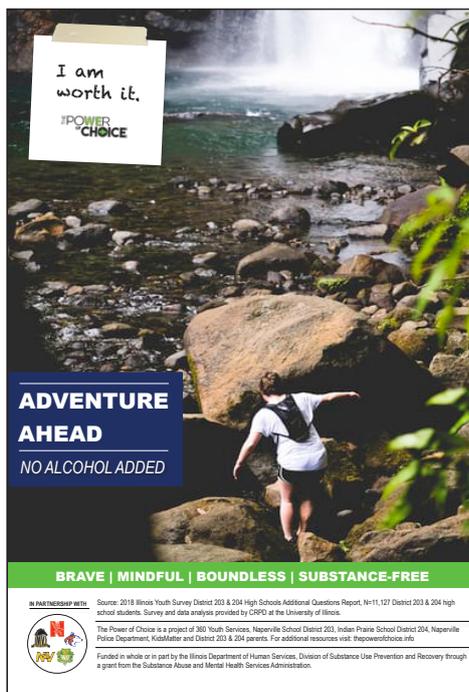
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This is the latest Power of Choice poster! Big thanks to the Youth Advisory Committee students for their input, along with feedback by Survey Monkey from D203 and 204 high school students on the 2019-2020 campaign!



D203 & 204 High School Student Statistics

VAPING/E-CIGARETTE PERCENTAGES
SOURCE: 2018 IYS*

- 82% of our local teens report no use of e-cigarettes in the past 30 days.
- 5% of our local teens who report e-cigarette use in the past 30 days do so more than once per day.
- 75% of our local teens report never having tried an e-cigarette.

*2018 Illinois Youth Survey District 203 & 204 High Schools, N=11,127 District 203 and 204 high school students. Survey and data analysis provided by Center for Prevention Research & Development at the University of Illinois.

Guidelines for Parties and the Law 2020

If and when your family determines how to gather safely, be aware some laws have changed around marijuana. Parents will want to know their responsibilities monitoring teen get-togethers hosted on their property. Review the revised rules on underage use of prohibited substances including curfew and driving. Click [here](#) to read the Guidelines for Hosting Parties and the Laws 2020!

Connect with us on social media!

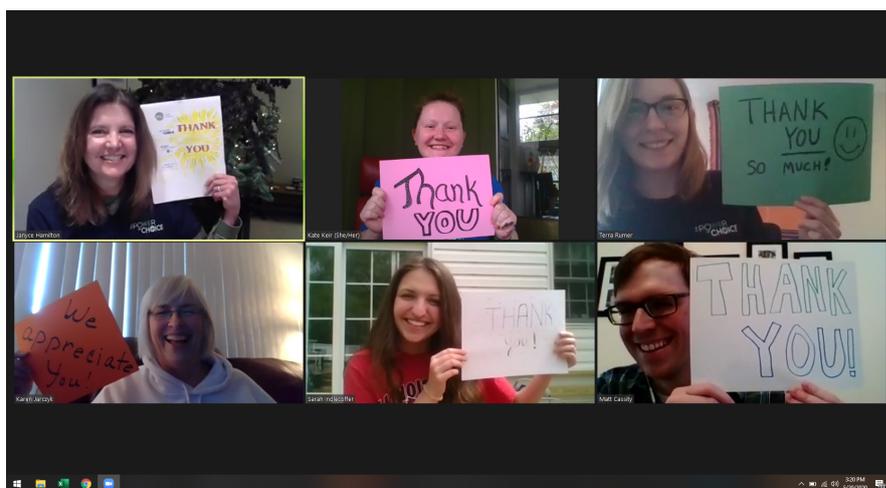


High school students make healthy choices every day but it doesn't make the headlines. Yet, the research is showing that maybe it should. The number of local alcohol-free teens is growing, and is higher than the county and state levels.



The growing number of teens who refuse alcohol when faced with the choice seems to be related to increased awareness and support for the healthy choices most of our high school students are making.

Curious to learn more? Community members are welcome to visit a committee meeting. Contact: jhamilton@360youthservices.org



Prevention Department staff of 360 Youth Services as well as members of the Power of Choice High School Committee want to say THANK YOU to our parents for all you do to support your kids and all the students of our community. Stay well. Stay strong. Stay amazing.

