



INSIDE SCOOP: PARENT WORKSHOP DRUGS AND ALCOHOL AWARENESS

WELCOME!

Agenda:

Introductions

VAPE

Resources

Q&A

TEENS AND VAPING: WHAT'S BEHIND THE SMOKE ?



A person is shown from the chest up, holding a lit cigarette in their right hand. The image has a teal or cyan color cast. In the upper left corner, there is a large, stylized yellow asterisk or starburst graphic. Overlaid on the image is the text "WHAT THE E-CIG INDUSTRY ISN'T TELLING US." in white, bold, sans-serif capital letters.

**WHAT THE E-CIG
INDUSTRY ISN'T
TELLING US.**

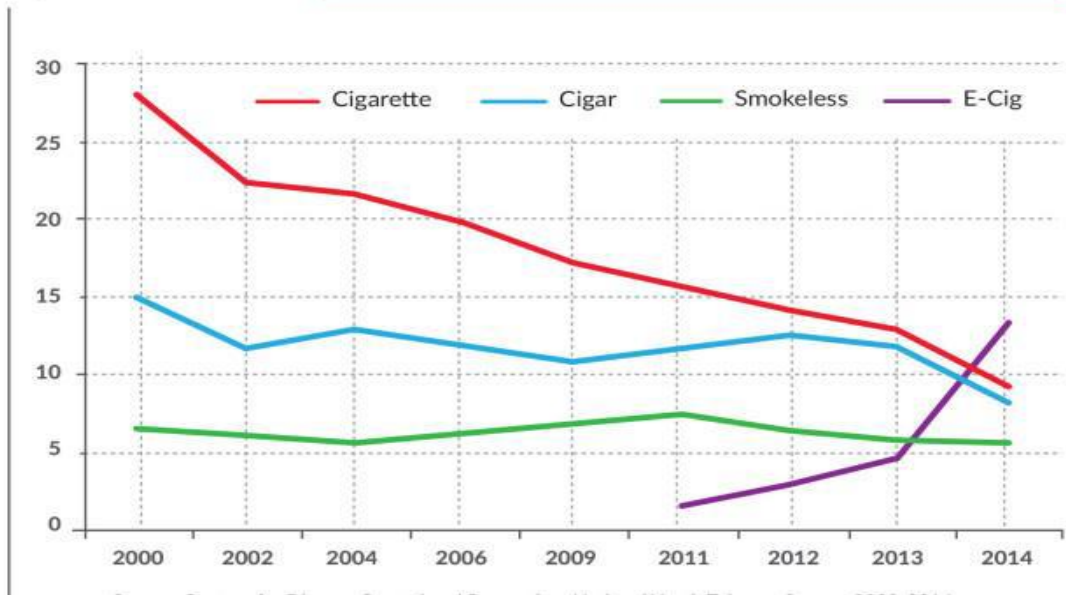
StillBlowingSmoke.org

CIGARETTE USE VERSUS VAPING USE

Vaping has gone up an additional 35 % from 2014 to 2018 amongst high school users



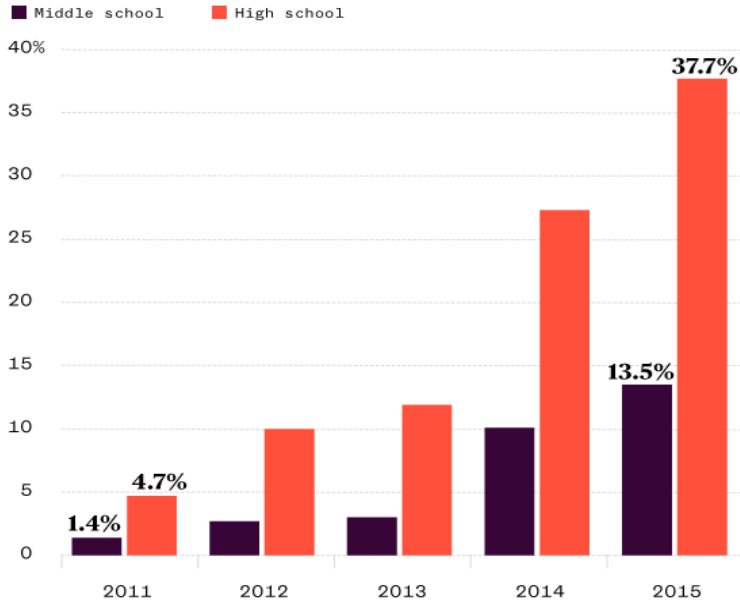
High School Tobacco Use (%) by Type



TEEN VAPING TREND

Alarming trend

Doctors, parents worried about 'juuling,' a teen e-cigarette fad. Percentage of middle-school and high-school students who have ever used e-cigarettes



*Data includes those who reported ever trying e-cigarettes

Source: U.S. Department of Health and Human Services



WHAT IS VAPING?

- Term used to describe when a substance is heated to the point of releasing vapor (vaporizing) but not combusted (lit on fire) Inhaling and exhaling the aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device.
- Increasing in popularity as a way to ingest nicotine and Marijuana.
- Usually relatively odorless, and difficult to distinguish between nicotine and marijuana vape.

WHAT DO TEENS THINK COME IN THEIR VAPE?

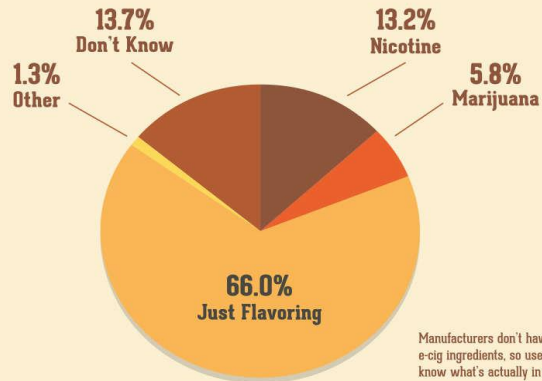
TEEN E-CIG USERS ARE MORE LIKELY TO START SMOKING.*²

Start Smoking Within 6 Months



*Includes combustible tobacco products [cigarettes, cigars, and hookahs]

WHAT DO TEENS SAY IS IN THEIR E-CIG?³



Manufacturers don't have to report e-cig ingredients, so users don't know what's actually in them.

WHAT'S IN E-CIGARETTES/E-JUICE?

- The FDA has not evaluated any of the e-liquids currently on the market and does not regulate these products. FDA requires vape manufacturers to reveal ingredients in e-liquids, but not the harmful carcinogens in the heated vapor.
- Ingredients in e-liquid (e-juice): Nicotine, flavoring, humectant (propylene glycol or vegetable glycerin)
Once heated: Formaldehyde, Acetaldehyde, Acrolein, Particulates and Toxic Metals.

MEDICAL DEFINITIONS

Nicotine - An alkaloid (a nitrogen-containing chemical) made by the tobacco plant or produced synthetically. ...is also powerfully addictive.

Formaldehyde - a colorless pungent irritating gas CH_2O used chiefly as a disinfectant and preservative and in chemical synthesis.

Acetaldehyde - a colorless volatile water-soluble liquid aldehyde $\text{C}_2\text{H}_4\text{O}$ used chiefly in organic synthesis that can cause irritation to mucous membranes.

Acrolein - a toxic colorless liquid aldehyde $\text{C}_3\text{H}_4\text{O}$ with acrid odor and irritating vapors that polymerizes readily into resins and is used chiefly in organic synthesis (as of methionine) — called also acrylaldehyde

Carcinogens - A substance or agent that causes cancer

E-JUICE AND PODS

- Currently 7,700 flavors of e-juice available.
- A bottle of e-juice contains enough nicotine to kill an adult.
- Pods come in many flavors as well.
- Each pod is the equivalent of a pack of cigarettes.





THE ADOLESCENT BRAIN

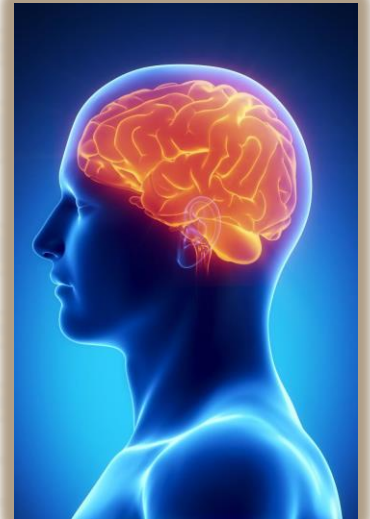
Adult Vs. Teen Brain



- Most of the activity in the adult brain is in the frontal lobe
 - Thinking, reasoning, planning
- Most of the activity in the teen brain is focused in the center
 - Pleasure reward center

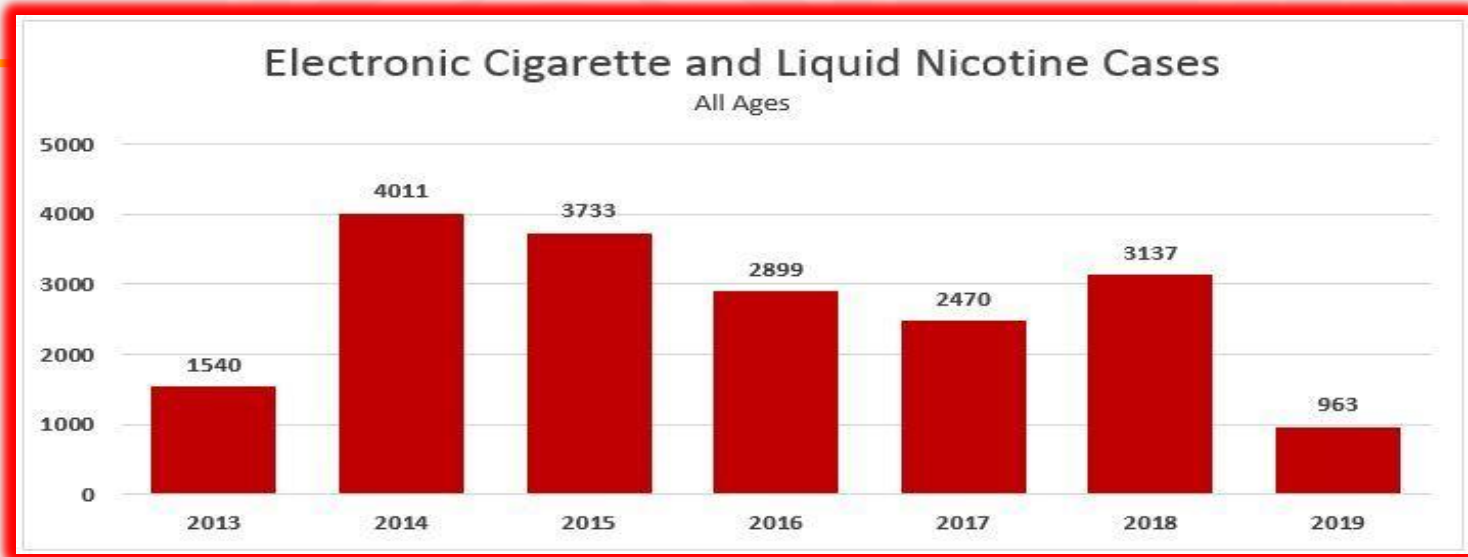
NICOTINE, MARIJUANA AND THE TEEN BRAIN

- Rapid brain growth in key parts of the brain continues into the 20's.
- Nicotine and marijuana use in adolescence interferes with natural brain development; both can impair development of the prefrontal cortex (the area responsible for decision making, judgment, and planning).

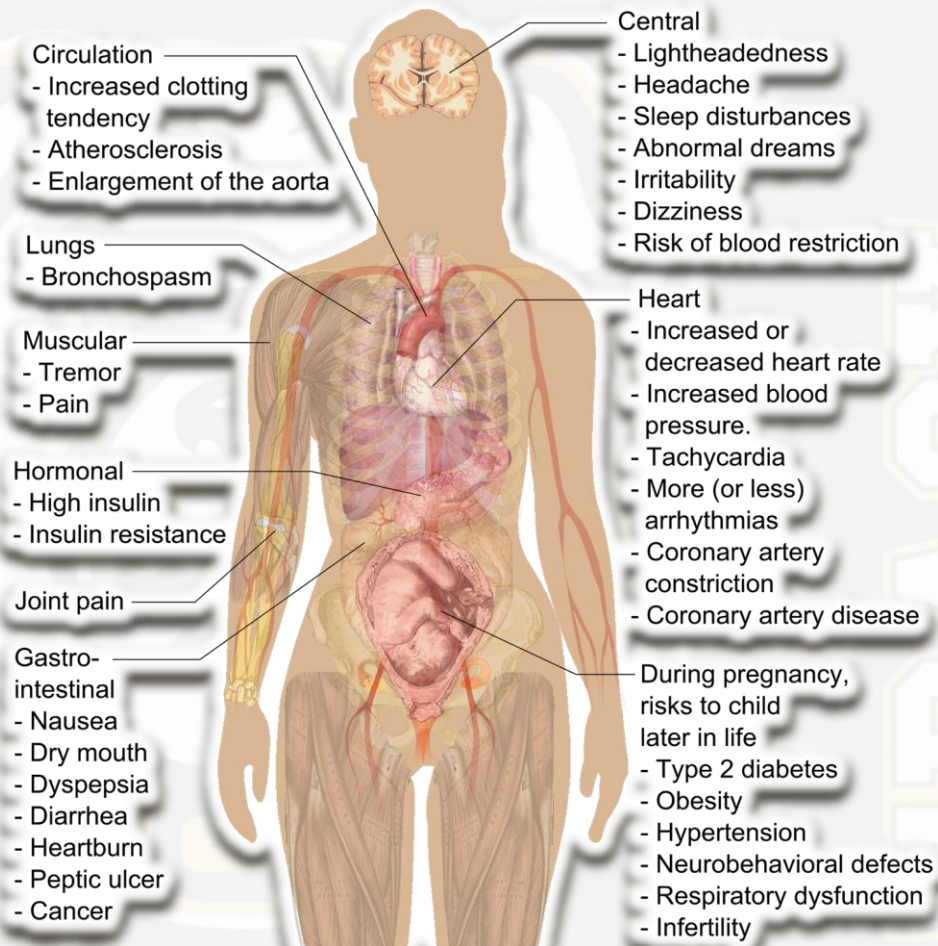


NICOTINE = POISON

- Large amounts of nicotine are lethal (60 mg adult, 6mg children).
- Nicotine is an insecticide and toxicant.
- The number of poisoning cases linked to e-cigarettes liquids was 1,540 in 2013, a 300% increase from 2012.



SIDE EFFECTS OF NICOTINE



HEALTH EFFECTS

- A study examining the biological effects of e-cigarettes found “strikingly similar” gene mutations in lung cells exposed to e-cig vapor as those found in smokers.
- This means that although e-cigarette vapor is tobacco and tar-free and that the device does not require combustion, it could potentially increase a user’s risk of cancer.
- Nicotine can act as a neurotoxin and alter brain chemistry, so the brain doesn't function normally without it.
- Nicotine is very dangerous for kids and teenagers, because their brain is still developing.

MARIJUANA – A PARTICULARLY BAD IDEA FOR TEENS



SHORT TERM EFFECTS

- Short-term memory problems
- Severe anxiety, including fear that one is being watched or followed (paranoia)
- Very strange behavior, seeing, hearing or smelling things that aren't there, not being able to tell imagination from reality (psychosis)
- Panic
- Hallucinations
- Loss of sense of personal identity
- Lowered reaction time
- Increased heart rate = risk of heart attack / Increased risk of stroke

SHORT TERM EFFECTS (CONT.)

- Problems with coordination (impairing safe driving or playing sports)
- Sexual problems (for males)
- Up to seven times more likely to contract sexually transmitted infections than non-users (for females)

LONG TERM EFFECTS

- Decline in IQ (up to 8 points if prolonged use started in adolescent age)
- Poor school performance and higher chance of dropping out
- Impaired thinking and ability to learn and perform complex tasks
- Lower life satisfaction
- Addiction (about 9% of adults and 17% of people who started smoking as teens)
- Potential development of opiate abuse

LONG TERM EFFECTS

- Relationship problems
- Antisocial behavior including stealing money or lying
- Financial difficulties
- Increased welfare dependence
- Greater chances of being unemployed or not getting good jobs



TRACY

SUMMARY

- E-cigarettes and vapes are the most common tobacco and Marijuana products used by teens.
- Possessing any tobacco product and/or marijuana product is a violation of school policy
 - 48900(c)
 - 48900(j)
 - 48900(k)
- A violation of school policy can lead to a 1 - 5 day suspension and a 5 - week mandatory substance abuse class.
- A violation of this policy also leads to social probation for school activities.
- Multiple violations of school policy can lead to expulsion.
- It is illegal for a minor to possess and/or consume tobacco and/or marijuana products.
 - 11357 H&S - Possession Of marijuana
 - 11359 H&S - possession of marijuana for sales
 - 11360 H&S - unlawful transportation of marijuana

FOR TEENS WHO NEED HELP QUITTING:
WWW.TEEN.SMOKEFREE.GOV





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The Office of Prevention Services coordinates district supported initiatives designed to help students and their families to get the most out of their educational experiences. It coordinates and manages the following district wide programs:

- Student Mental Health
- Social and Emotional Learning
- Suicide Prevention Awareness Instruction
- Homeless and Foster Program
- Comprehensive Sexual Health Education
- The California Healthy Kids Survey
- Parent Engagement
- District sponsored Anger Management Classes
- District sponsored Substance Use Class



DISTRICT RESOURCES



TRACY
UNIFIED SCHOOL DISTRICT

THE PARENT PROJECT SCHEDULE

Date	Time	Unit
03/02/23	6pm-8pm	Unit 1: Laying the foundation for Change <i>*Location: Staff Development room</i>
03/09/23	6pm-8pm	Unit 2: Addressing Problematic Behavior <i>*Location: Staff Development room</i>
03/16/23	6pm-8pm	Unit 3: Active Supervision & Structure <i>*Location: Board Room</i>
03/23/23	6pm-8pm	Unit 4: Improving School Attendance & Performance <i>*Location: Board Room</i>
03/30/23	6pm-8pm	Unit 5: Drug Use: Identification, Prevention, Intervention <i>*Location: Board Room</i>
04/06/23	6pm-8pm	Unit 6: Addressing out-of-control behaviors <i>*Location: Board Room</i>
04/20/23	6pm-8pm	Unit 7: Developing Personal Action Plans <i>*Location: Staff Development room</i>
04/27/23	6pm-8pm	Unit 8: Finding help and support <i>*Location: Board Room</i>
05/04/23	6pm-8pm	Unit 9: Developing Healthy Relationships Unit 10: The Dynamics of Change <i>*Location: Board Room</i>
05/11/23	6pm-8pm	Unit 11 to Unit 16: Graduation! <i>*Location: Staff Development room</i>



SURVEY

<https://forms.office.com/r/1P8as2Ln timer>

