

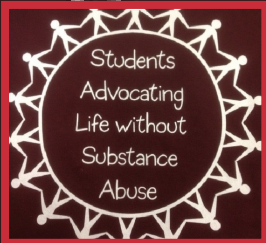


Vaping Awareness

it starts with you

brought to you by:

SALSA



Students
Advocating
Life without
Substance
Abuse

SALSA: A peer leadership club at Needham High school

What is vaping?

- It is an **Epidemic**, involving everyone - Even **high school** and **middle school** students.
- It is the act of inhaling an aerosol produced by an e-cigarette

Did you know?

- **28%** of NHS students report using e-cigs on a **regular basis**
- **24%** of NHS students who vape report some level of **craving**
- **16%** of NHS students who report vaping **cannot quit**

E-CIGARETTE USE IS NOT SAFE FOR YOUNG PEOPLE.

E-cigarette aerosol is not harmless. It can contain harmful ingredients. However, e-cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products, like regular cigarettes.

JUUL

STARTER KIT
2 JUUL Cigs
USB Charging Dock
40 Nicotine-Free Juuls
20 mg/ml Nicotine
(5.7% Strength)
• Grapefruit
• Golden Tobacco
• Royal Cream
• Mango Peach

The Alternative
For Adult Smokers

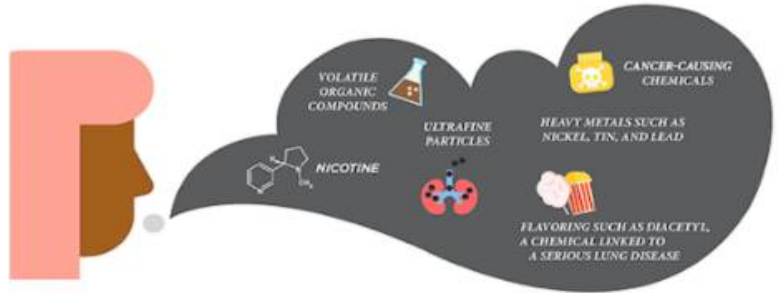
This product contains nicotine which is a highly addictive substance



"Juul" is a popular nicotine vaping device



Dab-Pens are popular marijuana vaping devices



Most e-cigarettes contain *nicotine*, which is highly addictive and can *harm brain development*, which continues until about *age 25*.



Information provided by: Ohio Health Department.gov

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The Facts

- E-cigarettes can be used to **vape marijuana**
- Adolescents who vape are **5 times more likely to use cigarettes** (JAMA Pediatrics)
- Youth may have access to e-cigarettes through friends who vape or online stores that accept gift cards

Signs your teen may be vaping

Moody and jittery behavior: nicotine cravings and or withdrawals can impact mood

Excessive Spending: funding a vaping habit is very costly

Mysteriously leaving for periods of time: Leaving so he/she can vape

Fruity or unusual smells: Vaping can produce smells from the flavors even if there is no smoke

Communication is Important!

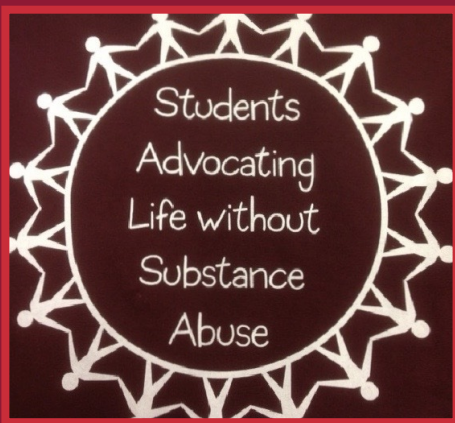
- **Talk WITH your child**
- Teens **listen** to trusted adults!



Resources

- Talk to your child's healthcare provider
- **Teen.smokefree.gov** (NIH)
- **GetOutraged.gov** (MA DPH)
- **This is Quitting app** (TheTruth.org)
- **ARMS program at MGH** (for ages 14-26) 617 643 4699
- **SALSA**: a peer leadership club at Needham High School

SALSA



We are here for
You

SALSA: A peer leadership club at Needham High school