



## KISD SHAC Meeting Sign In Sheet

October 8th, 2019

Name

Signature

Parent/Employer/Student

Preston J. Williamson	JLH W.	Student
Anita Hurtado	Anita Hurtado RN	Texas Health Kaufman
DANA MORGAN	Dana Morgan	TREEHOUSE
Chelsea McCain	Chelsea McCain	Common Threads
Arcenia Urguiza	Arcenia Urguiza	TXSTART healthsteps
Lisa Prewitt	Lisa Prewitt	Community
Patricia Rivera	PRivera	DHS.
Keisha Diera	Keisha Diera	parent
Stephanie Reeves	Stephanie Reeves	KISD



October 8, 2019

### AGENDA

1. Welcome Members
2. Meetings Scheduled: **Oct. 8, Dec.3, Feb.11 and April 28th**
3. New Business-
  - Walk Across Texas Kick off Oct. 11th, 2019
  - 1st Annual Back to School Health Fair 2019
  - KISD Stop the Bleed and Active Shooter preparations for the 2019-2020 School Year-Pete Ferrara
  - Mental Health First AID

3. Guest Speaker--Welcome....My name is Chelsea McCall, Dallas/Fort Worth Program Coordinator with Common Threads. Common Threads is a national nonprofit that focuses on cooking and nutrition education in schools and community spaces. The programming is **free** to schools/partners who qualify. After researching your school district, we found that **all elementary and middle** schools qualify for our program through SNAP eligibility guidelines. We currently partner with FWISD Afterschool, Dallas ISD and are looking to expand our reach in Dallas and Tarrant Counties. Our Programs are:

- TEKS aligned
  - Next Generation Science Standard aligned
  - National Health Education Standard aligned with STEM and STEAM supplements
- We would like to explore potential opportunities to partner with your schools either during in-school time or after-school time.

Raquel Perez, Associate Director of Programs and Hector Manon, Senior Program Manager. **Chelsea McCall** Program Coordinator- Dallas

**COMMON THREADS** e: [cmccall@commonthreads.org](mailto:cmccall@commonthreads.org) p: 850.933.0902

[www.commonthreads.org](http://www.commonthreads.org)

[www.commonbytes.org](http://www.commonbytes.org)

4. Meeting Adjourned at : 5 p.m.

# SMALL BITES IS ALIGNED TO THE CCSS, NGSS, AND TEKS STANDARDS BASED

EXPERIENTIAL LEARNING  
AND GRADE LEVEL  
SCAFFOLDING IN SMALL  
BITES LESSONS CREATE  
HANDS-ON LEARNING FOR  
STUDENTS.

The Small Bites program was designed to educate children on health, wellness, and cooking while supporting the Texas Essential Knowledge and Skills (TEKS) through extension lessons. The lessons do not teach the TEKS, but provide educators with alternative ways to practice and assess the

students' learning of the TEKS, while also giving students the tools and knowledge to make healthy decisions. Lessons are grade level specific. The table below details the supported standards:

Grade Levels	ELA	MATH	SCIENCE	HEALTH
K - 2nd Grade	K.1.A, K.1.C, K.5.C, K.11.A, K.16.B, K.16.C  1.15.A, 1.21.A, 1.14.B, 1.1.D  2.21.A.i, 2.21.A.ii, 2.21.B	1.6.H  2.3.D	K.1.A, K.2.D, K.4.A, K.5.A, K.10.A  1.1.A, 1.2.D, 1.4.A, 1.5.A, 1.5.C  2.1.A, 2.2.D, 2.4.B	K.1.A, K.1.B, K.3.B, K.6.C  1.1.A, 1.3.C, 1.7.C  2.1.C, 2.1.D, 2.4.A, 2.4.B, 2.4.D, 2.11.C
3rd - 8th Grade	3.13.A, 3.13.B, 3.15.A, 3.15.B, 3.16, 3.20.B, 3.29.A, 3.31  4.11.A, 4.11.D, 4.13.A, 4.13.B, 4.14, 4.18.A, 4.18.B, 4.27.A, 4.27.B  5.11.A, 5.11.B, 5.11.D, 5.12.B, 5.13.A, 5.18.B, 5.18.C, 5.27.B	3.3.E, 3.7.D, 3.8.B  4.4.D, 4.8, 4.9.A  5.3.H, 5.3.I, 5.6, 5.9.A	3.2.B, 3.2.C, 3.2.D  4.2.B, 4.2.C, 4.2.D  5.2.C, 5.2.G	3.1.C, 3.1.D, 3.3.A, 3.3.B, 3.7.A, 3.8.B, 3.11.A, 3.11.B, 3.11.C, 3.11.F  4.1.A, 4.1.B, 4.1.F, 4.2.A, 4.3.B, 4.5.A, 4.7.A, 4.11.B  5.1.A, 5.1.B, 5.1.C, 5.1.D, 5.9.D
6th - 8th Grade	6.10.A, 6.12.A, 6.12.B, 6.25.C, 6.26.B  7.10.A, 7.12.A, 7.12.B, 7.13.A, 7.17.C, 7.25.C, 7.26.B  8.2.B, 8.10.A, 8.10.B, 8.12.B, 8.25.A, 8.25.C	6.3, 6.4.B, 6.4.H, 6.4.G, 6.5.A, 6.6.B, 6.8, 6.12.D  7.3.B, 7.4, 7.4.B, 7.6, 7.11.A  8.5, 8.7.A, 8.11.A	6.2.A, 6.2.B, 6.2.C, 6.3.E, 6.4.A, 6.5.C  7.2.A, 7.2.B, 7.2.C, 7.2.E, 7.4.A  8.2.A, 8.2.B, 8.2.C, 8.4.A	6.1.A, 6.4.A, 6.4.B, 6.10.B, 6.13.E  7.4.A, 7.4.B, 7.4.C, 7.9.B, 7.9.C, 7.10.A, 7.13.B, 7.13.F  8.4.A, 8.4.B, 8.4.C, 8.9.B, 8.9.C, 8.10.A, 8.13.B, 8.13.F

SMALL BITES IS ALIGNED TO THE TEKS

# STANDARDS BASED

EXPERIENTIAL LEARNING  
AND GRADE LEVEL  
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learning of the TEKS, while giving the students the tools and knowledge to make healthy decisions. Lessons are grade level specific. The table below details the supported standards:

Grade Levels	ELA	Math	Science
Pre-K through 2 <sup>nd</sup> Grade	K.5.C, K.11.A, K.16.C, K.17.A, K.1.A, K.1.B, K.1.C, K.16.B  1.15.A, 1.20.A.ii, 1.21.A, 1.14.B, 1.21.B, 1.21.B.ii, 1.21.C, 1.1.D  2.21.A.i, 2.21.A.ii, 2.21.B, 2.22.B, 2.22.C, 2.22.C.ii	K.2.B, K.6.A, K.2.B, K.6.E, K.6.F  1.2.D, 1.2.G, 1.6.A, 1.6.C, 1.6.H  2.2.C, 2.2.D, 2.3.A, 2.3.D, 2.3.E, 2.8.E	K.1.A, K.2.B, K.5.A, K.9.A, K.9.B, K.10.A, K.10.B  1.1.A, 1.2.A, 1.5.A, 1.9.A, 1.10.B  2.1.A, 2.2.A, 2.9.A, 2.10.B
3 <sup>rd</sup> through 5 <sup>th</sup> Grade	3.13.A, 3.13.B, 3.15.A, 3.15.B, 3.16, 3.20, 3.20.B, 3.21.A, 3.29.A, 3.31  4.11.A, 4.11.D, 4.13.A, 4.13.B, 4.14, 4.18.A, 4.18.B, 4.23.A, 4.27.A, 4.27.B  5.11.A, 5.11.B, 5.11.D, 5.12.B, 5.13.A, 5.18.B, 5.18.C, 5.23.A, 5.27.A, 5.27.B	3.3.E, 3.4, 3.7.D, 3.8.B  4.3.D, 4.4.D, 4.6.C, 4.8, 4.9.A  5.3.A, 5.3.H, 5.3.I, 5.6, 5.9.A	3.2.F, 3.3.B, 3.4.A, 3.5.A, 3.9, 3.10.A, 3.10.C  4.2.D, 4.3.B, 4.4.A, 4.6, 4.8.B, 4.9  5.2.C, 5.10.B
6 <sup>th</sup> through 8 <sup>th</sup> Grade	6.10.A, 6.12.A, 6.12.B, 6.17.B, 6.17.C, 6.17.D, 6.18.A, 6.23.A, 6.25.C, 6.26.A, 6.26.B  7.10.A, 7.10.B, 7.12.A, 7.12.B, 7.13.A, 7.17.C, 7.23.A, 7.25.C, 7.26.B  8.2.B, 8.10.A, 8.10.B, 8.12.B, 8.13.C, 8.22.A, 8.23.A, 8.25.A, 8.25.C	6.3, 6.4.B, 6.4.D, 6.4.H, 6.4.G, 6.5.A, 6.6.B, 6.8, 6.12.D  7.3.B, 7.4.A, 7.4.E, 7.9.D, 7.11.A, 7.12.B  8.4.B, 8.5, 8.7.A, 8.10, 8.11.A	6.2.D, 6.3.A, 6.5.C, 6.12.E  7.2.B, 7.2.C, 7.6.A, 7.6.C, 7.8.C, 7.12.B, 7.13.A, 7.13.B  8.2.E, 8.3.A, 8.10, 8.11.B



**COMMON THREADS SMALL BITES LESSONS SUPPORT LOCAL WELLNESS POLICIES AND ARE ALIGNED TO THE TEXAS ESSENTIAL KNOWLEDGE AND SKILLS.**

## SMALL BITES ALIGNMENT



The Small Bites curriculum is designed to teach PK-8th grade students about nutrition and healthy cooking through a series of eight lessons combining nutrition and knife-free cooking. Common Threads provides professional development for teachers to teach these lessons. The lessons support student learning of the following standards:

- TEXAS ESSENTIAL KNOWLEDGE AND SKILLS
- THE NATIONAL HEALTH EDUCATION STANDARDS

The in-school lessons give students the opportunity to connect math and ELA to hands-on experiences that will give them tools to live longer, healthier lives. Common Threads on-going internal program evaluation also indicates that the program:

- IMPROVES NUTRITION KNOWLEDGE
- IMPROVES LIKING OF VEGETABLES
- IMPROVES COMMUNICATION TO THE FAMILY ABOUT HEALTHY EATING
- IMPROVES PREFERENCE FOR HOME COOKED FOOD

### NATIONAL HEALTH EDUCATION STANDARDS

The scope and sequence of the Common Threads Small Bites curriculum aligns with the National Health Education Standards (NHES) and the Center for Disease Control's (CDC) characteristics of an effective health education curriculum. The NHES that are covered in the program address the following Health Based Outcomes (HBO) as identified by the CDC's Health Education Curriculum Analysis Tool (HECAT):

- HBO 1. Eat the appropriate number of servings from each food group every day.
- HBO 2. Eat a variety of foods within each food group every day.
- HBO 3. Eat an abundance of fruits and vegetables every day.
- HBO 4. Choose to eat whole grain products and fat-free or low-fat milk or equivalent milk products regularly.
- HBO 5. Drink plenty of water every day.
- HBO 6. Limit foods and beverages high in added sugars, solid fat, and sodium.
- HBO 7. Eat breakfast every day.
- HBO 8. Eat healthy snacks.
- HBO 9. Eat healthy foods when dining out.
- HBO 10. Prepare food in healthful ways.
- HBO 11. Balance caloric intake with caloric expenditure.
- HBO 12. Follow an eating plan for healthy growth and development.
- HBO 13. Support others to eat healthy



## *Turnip the nutrition with Common Threads!*

### **BRING HEALTH AND WELLNESS TO YOUR SCHOOL**

Common Threads is offering **FREE** hands-on cooking and nutrition education programs to school districts and community organizations in Bexar, Dallas, El Paso, Harris, Tarrant and Travis Counties. Together we can cultivate a culture that embraces a healthier lifestyle and celebrates diversity through food!

#### **THE PROGRAMS**

##### **PK-8TH GRADE NUTRITION EDUCATION: SMALL BITES**

This program teaches PK-8th grade students about healthy eating through a series of eight lessons combining nutrition and knife-free cooking. The lessons support the Texas Essential Knowledge and Skills, and give students the opportunity to connect math, language arts, and science concepts to hands-on experiences that will give them tools to live longer, healthier lives.

##### **PROFESSIONAL DEVELOPMENT: HEALTHY TEACHER TRAINING**

This 2-hour workshop empowers educators and school staff to be healthy role models by teaching basic nutrition and healthy cooking through interactive activities. The training equips participants to facilitate our Small Bites program, and also helps participants contribute to a culture of health and wellness within their organization.

##### **PARENT ENGAGEMENT: PARENT WORKSHOPS + GROCERY STORE TOURS**

These workshops encourage healthy eating habits, and have flexible formatting that allows them to be incorporated in other parent-related programs. Chef-guided grocery store tours are also available.

##### **COMMON BYTES**

Our digital platform supports our nutrition education curriculum as a resource for healthy recipes, fun online games for kids, and engaging nutrition lessons that is accessible for anyone with an Internet connection. Check it out at [www.commonbytes.org](http://www.commonbytes.org).

#### **WHY COMMON THREADS?**

Our programs support and align with current parent engagement and health & wellness initiatives.

Our programs equip families with the tools they need to maintain healthy eating habits by preparing low-cost, nutritious and delicious home-cooked meals.

Our programs strengthen families' personal connections and help them create lasting memories through the sharing of culinary traditions and food culture.

Our programs are aligned to the TEKS to support core content learning.



COMMON THREADS  
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*for* **LIFE**

[www.commonthreads.org](http://www.commonthreads.org)  
#CookingForLife



# CLASSROOMS *Cooking* FOR LIFE



**A LIMITED NUMBER OF  
GROCERY STIPENDS  
ARE AVAILABLE.**

**TO LEARN MORE EMAIL  
CLASSES@COMMONTHREADS.ORG**

**INCLUDES ACCESS  
TO:**



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**COOKING**  
— *for* **LIFE** —

## *PK-8<sup>th</sup> Grade Nutrition Education*

### **SMALL BITES**

This program teaches PK-8th grade students about nutrition and healthy cooking through a series of eight 1-hour lessons combining nutrition and knife-free cooking. In-school lessons and out-of-school time lessons are available. In-school lessons are grade level specific.

**LESSONS &  
ACTIVITIES  
AVAILABLE  
ONLINE!**

Common Threads will provide our Healthy Teacher Training to train educators on the program. The lessons are aligned to National Health Education Standards and support the TEKS.

Through this program students are given the opportunity to connect math, language arts, and science concepts to hands-on experiences that will give them tools to live longer, healthier lives. Graduates of this class will be able to make their own healthy snack at home!

### **WHAT DOES COMMON THREADS PROVIDE?**

- Training for educators (Healthy Teacher Training)
- One Printed Small Bites Curriculum Book per educator
- Digital access to Common Bytes (online nutrition education platform)
- Grocery stipend (if available)

### **WHAT DOES YOUR ORGANIZATION PROVIDE?**

- Educators to teach the Small Bites lessons
- Basic cooking equipment
- Students to participate in the program
- Budget for program groceries (if no stipend is available)

### **Lesson Themes:**

- The Chef's Plate and Healthy Snacking
- Deciphering the Nutrition Label
- Fruits and Vegetables
- Protein and Physical Activity
- Whole Grain Goodness
- Healthy Hydration
- Facts on Fat
- Make It Happen

### **Sample Lesson Activities:**

- Fruit and Vegetable Memory
- Food Remedy Game
- Protein Power
- Grain Digestion Experiment

Founded in 2003 in Chicago, Common Threads was created to bring health and wellness to children, families and communities through cooking and nutrition education.



# TEACHERS *Cooking* FOR LIFE



**A LIMITED NUMBER OF  
NO-COST TRAININGS  
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TO:**



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# COOKING

— *for* LIFE —

## *Professional Development*

### HEALTHY TEACHER TRAINING

This training is a professional development for educators and school support staff. It empowers educators to improve their personal health and wellness, act as healthy role models for students, and builds a school culture of wellness. Participants of this training will be able to implement Small Bites, Common Threads' in-school nutrition program consisting of eight grade-level specific lessons that support student learning of the TEKS.

### WHAT DOES COMMON THREADS PROVIDE?

- Training for up to 20 teachers
- 2 hour in-person training with Common Threads Chef and Trainer or 1.5 hour digital training
- Introduction to nutrition and three healthy snack demos with samples
- Digital access to Common Bytes (online nutrition education platform)
- Monthly newsletter updates for all participants with email
- Continuing education credit (in select markets)
- STEM credits (in select markets)

### WHAT DOES YOUR ORGANIZATION PROVIDE?

- Location
- Projector and screen
- Access to sink for washing cooking equipment

#### Nutrition Topics:

- Three principles of healthy eating
- The importance of fruits and vegetables
- Selecting whole grains
- Practicing portion size with protein
- Safely preparing healthy snacks in the classroom
- Connecting nutrition and the core content areas

#### Chef Cooking Demos and Tasting (In-Person Only):

- Seed Tasting
- DIY Guacamole
- Watermelon Sundaes
- Seasonal recipes from the school garden can be substituted

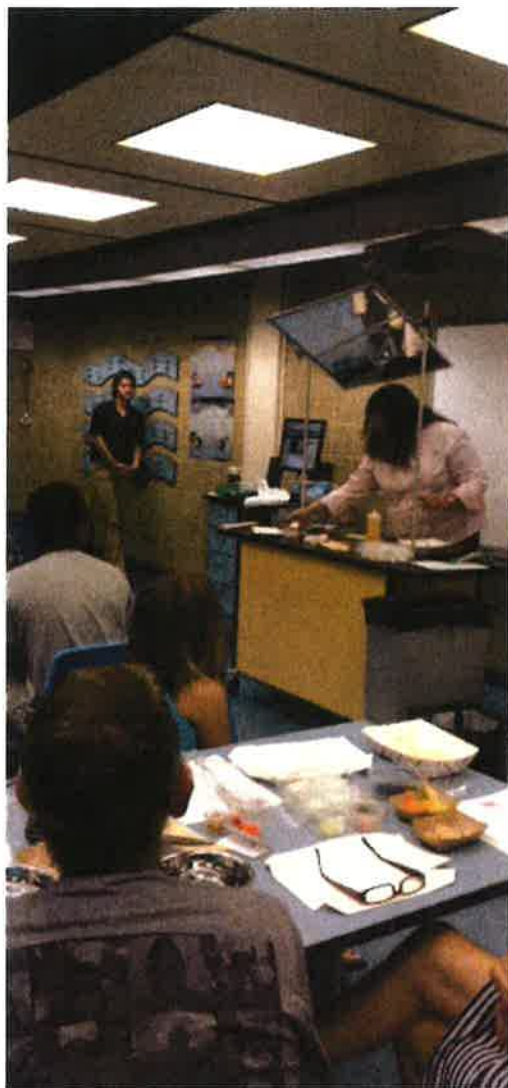
#### Sample Lesson Activities:

- Fruit and Vegetable Memory
- Food Remedy Game
- Protein Power
- Grain Digestion Experiment

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# PARENTS *Cooking* FOR LIFE



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## *Parent Engagement*

### **PARENT WORKSHOPS**

Parent Workshops engage parents through interactive presentations on basic nutrition, grocery shopping, or cooking with kids. The workshops have flexible formatting that allows them to be incorporated in other parent related programs, like parents meetings, school wellness council events, and health fairs. The goal of the Parent Workshops is to engage parents and encourage healthy eating habits at home and in the community at large.

### **THE BENEFITS**

- Parents gain knowledge and skills for supporting healthy food choices at home and their family's overall health
- Encourage healthy eating habits at home
- Increased understanding of the value of cooking and eating together at home
- Provide nutrition support and resources for parents

### **AVAILABLE TOPICS AND FORMATS**

Schools and community organizations may select a topic and either a 30 or 60 minute timeframe.

#### **The 4 P's of Healthy Eating**

An introduction to nutrition covering portion size, painting your plate with color, preparation methods, and participating together.

#### **Cooking with Kids**

An introduction on the benefits and ways of getting kids involved with cooking at home.

#### **GROCERY STORE TOURS**

An introduction to making healthy informed decisions at the grocery store while getting the most for your money.

#### **HOSTING A BOOTH AT EVENTS**

Aren't able to host a workshop? Common Threads can host a wellness booth at an existing school event.

#### **ADD-ON: COOKING DEMONSTRATIONS**

A Common Threads Program Manager can work with you to incorporate a cooking demonstration that meets your budget and specific needs of your parents.

Founded in 2003 in Chicago, Common Threads was created to bring health and wellness to children, families and communities through cooking and nutrition education.

# Friday Beat

## October 4, 2019, Edition

The newsletter that takes a [Whole School, Whole Community, Whole Child](#) approach.

### Announcements

#### **SHARS Reporting Requirements Posted**

The Texas Education Agency (TEA) posted a To the Administrator correspondence at the TEA website regarding [School Health and Related Services \(SHARS\) reporting requirements](#). The letter describes a reporting requirement applicable to all local educational agencies (LEAs) and fiscal agents that received or administered funds awarded through the Individuals with Disabilities Education Act, Part B (IDEA-B) grant program for the 2018–2019 school year.

#### **School Health as a Strategy to Improve Both Public Health and Education**

[This academic review](#) from the *Annual Review of Public Health* integrates the latest research on the relationships between health and education systems and their associated outcomes. It also provides an overview of modern school health programs and their components.

#### **Celebrate National Farm to School Month**

October is National Farm to School Month! Get involved by using the [Celebration Toolkit](#). The toolkit includes background information, activity ideas, communications tools, and a list of resources for implementing Farm to School Month celebrations in your community.

### Professional Development

#### **Attend School Counselor Conference**

Grab your school counselor colleagues and get ready to learn at the [Lone Star State School Counselor Association's Annual Conference](#). The conference is November 3–5 in Dallas.

### Funding Opportunities

#### **Apply for Nutrition and Physical Activity Grants**

Do you want to begin or enhance a nutrition or physical activity program at your school? The Oliver Foundation has funding opportunities for summer and school year programs that aim to improve the eating and physical activity patterns of children and teenagers. For grant applications and eligibility requirements, [visit the webpage](#).

### Health Education

#### **Webinar Posted on Social Development**

Join the HHS Office of Population Affairs for its "[Adolescent Development Explained: Social Connections](#)" webinar. This webinar focuses on the new social roles,



elementary-school aged-children for risk of diabetes once your partnership(s) launches.

## **Counseling, Psychological and Social Services**

### **Self-Care for Educators**

As a part of the *Child Trauma Toolkit for Educators*, [this one-page tip sheet](#) presents school professionals with six self-care suggestions designed to combat secondary traumatic stress and compassion fatigue.

## **Physical Environment**

### **Green Cleaning Strategies Throwback Webinar**

The Environmental Protection Agency is opening its webinar vault and re-releasing the "[Green, Clean and Healthy: Effective Cleaning and Preventive Maintenance for a Healthier School Environment](#)" for viewing on October 17 from noon to 1:00 p.m. This webinar will teach how to implement effective green cleaning strategies as part of an integrated indoor air quality preventive maintenance plan to save money and protect health.

## **Employee Wellness**

### **Improving School Employee Wellness Guide**

Need a starting point for your school employee wellness initiative? The National Association of Chronic Disease Directors published, "[Healthy School, Healthy Staff, Healthy Students: A Guide to Improving School Employee Wellness](#)" to help districts and schools with no prior experience with employee wellness initiatives. Districts and schools can use this guide to start or expand an employee wellness initiative that will benefit both employees and students.

## **Family Engagement**

### **Introducing the Family Engagement Playbook**

The Global Family Research Project has cataloged research-based strategies for working with and building strong connections with families. The new [Family Engagement Playbook](#) is a collection of actionable, evidence-based approaches that individuals, groups, and organizations can easily integrate into existing professional learning opportunities to cultivate meaningful and co-created family engagement.

## **Quote to Note**

"Education is not the filling of a pail, but the lighting of a fire." –William Butler Yeats

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## **Become a *Friday Beat* subscriber by signing up on the *Friday Beat* [webpage](#)!**

The articles and hyperlinks to external websites appearing in *Friday Beat* are intended to be informational and do not represent an endorsement by the Texas Department of State Health Services (DSHS). Other websites may not be accessible to people with disabilities. External email addresses may also be provided as a courtesy. If you choose to correspond, please be advised that DSHS policies may not apply. For information about any of the programs listed, contact the sponsoring organization directly. For comments or questions about *Friday Beat*, email the School Health Program at [schoolhealth@dshs.texas.gov](mailto:schoolhealth@dshs.texas.gov) or call (512) 776-7279.

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# E-Cigarettes



Electronic cigarettes (e-cigarettes) entered the U.S. Market place around 2007. Since 2014, they have been the most commonly used tobacco product among youth. In 2018, e-cigarette use (referred to as ‘vaping’) reached **epidemic** levels.

## What are e-cigarettes?

E-cigarettes are tobacco products. Some resemble regular cigarettes, cigars, pipes and some have a modern, sleek design and look like writing pens or USB sticks. The products are commonly known as ENDS – electronic nicotine delivery system(s).

Other common names:

- Mods
- Hookah pens
- Vape sticks
- Personal vaporizers (PV)
- Tank systems
- Smoke Juice

Whether it’s an e-cigarette, vape pen, e-hookah, using an electronic cigarette is called “vaping”. Stores who sell mostly e-cigarettes and e-juice are called “vape shops.”

## How do e-cigarettes work?

Most e-cigarettes have a battery, a heating element, and place to hold a liquid (such as a cartridge or pod). As the user draws on the device, the battery heats the e-liquid to produce aerosol, not a water vapor. The aerosol is then inhaled into the lungs.

## Contact Information

Tobacco Prevention and Control  
Dept. of State Health Services  
PO Box 149347  
Mail Code 1965  
Austin, Texas 78714-9347  
[Tobacco.free@dshs.texas.gov](mailto:Tobacco.free@dshs.texas.gov)

For more information, visit:  
[dshs.texas.gov/tobacco](https://dshs.texas.gov/tobacco)

In Texas, an individual must be 21 years old to buy or own an e-cigarette.

Ready to Quit? Call the Texas Quitline at 1-877-YES-QUIT.



TEXAS  
Health and Human  
Services

Texas Department of State  
Health Services

[dshs.texas.gov](https://dshs.texas.gov)



## National Data

In 2018, 20.8% of U.S. high school students reported using e-cigarettes in the past 30 days. This is a 9.1% increase compared to 2017. From 2017-2018, U.S. middle school students who used e-cigarettes in the past 30 days increased from 3.3% to 4.9%.

## Texas Data

According to the 2018 Texas Youth Tobacco Survey, **13%** of youth used e-cigarettes in the past 30 days. This means that **18.9%** of high school students and **6.0%** of middle school students used e-cigarettes in the past 30 days.



## Associated Dangers

- Most e-cigarettes contain nicotine, which can harm adolescent brain development. Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.
- Some e-cigarette flavorings may be safe to eat, but not to breathe. This is because the gut can process more substances than the lungs.
- A common ingredient in e-cigarette flavoring, diacetyl, causes bronchiolitis obliterans, known as "popcorn lung".
- Defective e-cigarette batteries have caused fires and explosions. Some explosions have resulted in serious injuries and death.
- Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.
- There have been reports of youth and young adults experiencing seizures after vaping. Seizures or convulsions are potential side effects of nicotine poisoning.

The Food and Drug Administration has not found any e-cigarette to be safe and effective in helping smokers quit.

If smokers are ready to quit, call the Texas Quitline at 1-877-YES-QUIT or talk with their doctor.

For more information, visit [Dshs.texas.gov/tobacco](https://dshs.texas.gov/tobacco).

**\*\*Sources for this document are available upon request.**



TEXAS  
Health and Human  
Services

Texas Department of State  
Health Services

[dshs.texas.gov](https://dshs.texas.gov)



The American Lung Association's INDEPTH program is an alternative to suspension or citation program that is offered as an option to students who face suspension for violation of school tobacco or nicotine use policies. This program is administered by an adult facilitator in either a one-on-one or group format and can be offered in a school or community-based setting. The program consists of four sessions of approximately 50 minutes geared towards youth and focused on tobacco use, nicotine addiction, establishing healthy alternatives and making the change to be free of all nicotine and tobacco products. For students who choose the INDEPTH program, attendance is *mandatory*.

This step-by-step guide can be used to plan and implement your INDEPTH program to encourage youth to learn about the harmful effects of nicotine and learn strategies to quit tobacco or nicotine when ready. Each section of this guide offers detailed instructions, notes, and talking points for facilitators as well as handouts for students, which are found in the "Handouts" section of this guide. Throughout this program, students are engaged through group or one-on-one discussion and activities.

While INDEPTH is not a cessation program, steps toward cessation are strongly encouraged. Students may decide to quit or reduce their tobacco/nicotine use as result of their participation in the program. Session four does offer some guidance around how to refer students to cessation programs and resources, including those offered by the American Lung Association.

### **Program Structure**

The program is structured such that students participate in one, 50-minute session per week for four weeks. However, the timing of these sessions can be individualized based on what is feasible for a given school. For example, sessions may be offered before or after school, as part of a "working lunch", or during what might normally be considered free/flex periods. Facilitators also have the option to administer INDEPTH in a one-on-one or group setting. For group administration, the recommended size is 8-10 students. However, this recommendation should be balanced with that for the timing of program implementation. As such, group sizes may vary from the ideal.

### **Program Implementation Timing**

It is best to implement the INDEPTH program as soon as possible after a school tobacco use policy violation has occurred. Facilitators will need to balance the abovementioned recommended group size with the need for temporal contiguity between the offense and program implementation.



### **Program Session Prep**

In preparation for each session, it is recommended that you:

1. Arrange the meeting room.
2. Arrange tables and chairs in a comfortable circle.
3. Review the session.
4. Arrange for flip chart and markers or a white/chalk board.
5. Gather and make an appropriate number of copies of all necessary materials. The handouts needed for each session will be listed under the corresponding subsection titled "Getting Ready".

### **Content Overview**

#### **Session 1: Getting the Facts**

##### **Objectives**

To help participants:

1. understand the INDEPTH program.
2. become familiar with the requirements and expectations of INDEPTH.
3. get acquainted with one another.
4. identify some reasons why they started using nicotine/tobacco products and why they continue to do so.

#### **Session 2: Addiction**

##### **Objectives**

To help participants:

1. Understand addiction and other harmful effects of nicotine and tobacco product use.
2. Assess their own nicotine/tobacco product use.
3. Identify activities that "trigger" their urges to use these products.

#### **Session 3: Alternatives to Product Use**

##### **Objectives**

To help participants:

1. Develop strategies to cope with the urge to use nicotine/tobacco products.
2. Develop their own vision of a healthy lifestyle.

#### **Session 4: Past, Present, Future**

##### **Objectives**

To help participants:

1. Understand the process of change.
2. Look at the big picture.

The (City/County) School Board recognizes that the use of tobacco products is a health, safety, and environmental hazard for students, employees, visitors, and school facilities. The Board believes that the use of tobacco products on school grounds, in school buildings and facilities, on school property or at school-related or school-sponsored events is detrimental to the health and safety of students, staff and visitors.

The Board acknowledges that adult employees and visitors serve as role models for students. The Board recognizes that it has an obligation to promote positive role models in schools and to promote a healthy learning and working environment, free from unwanted smoke and tobacco use for the students, employees, and visitors on the school campus.

## Tobacco Use Prohibited

No student, staff member or school visitor is permitted to use any tobacco product at any time, including non-school hours (24/7):

- in any building, facility, or vehicle owned, leased, rented or chartered by the (City/County) Public Schools;
- on any school grounds and property – including athletic fields and parking lots – owned leased, rented or chartered by (City/County) Public Schools; or
- at any school-sponsored or school-related event on-campus or off-campus.

In addition, school district employees, school volunteers, contractors or other persons performing services on behalf of (City/County) Public Schools also are prohibited from using tobacco products at any time while on duty and in the presence of students, either on or off school grounds.

Further, no student shall be permitted to possess a tobacco product while in any school building; while on school grounds or property; or at any school-sponsored or school-related event, or at any other time that students are under the authority of school personnel.

Tobacco products may be included in instructional or research activities in public school buildings, if the activity is conducted or supervised by the faculty member overseeing the instruction or research project, and the activity does not include smoking, chewing, or otherwise ingesting the tobacco product.

## Definitions

For the purposes of this policy, the following definitions have the following meanings:

- 1) "Electronic Smoking Device" means any electronic device, the use of which may resemble smoking, which can be used to deliver an inhaled dose of nicotine or other substances to the user. "Electronic Smoking Device" includes any such electronic smoking device, whether manufactured,



distributed, marketed, or sold as an electronic cigarette, electronic cigar, electronic cigarillo, electronic pipe, electronic hookah, vape pen or any other product name or descriptor.

2) "Smoke or Smoking" means inhaling, exhaling, burning, or carrying any lighted or heated cigar, cigarette, or pipe, or any other lighted or heated tobacco or plant product intended for inhalation, including hookahs and marijuana, whether natural or synthetic, in any manner or in any form. "Smoking" also includes the use of an electronic smoking device which creates an aerosol or vapor, in any manner or in any form.

3) "Tobacco Product" means:

(a) Any product containing, made, or derived from tobacco or nicotine that is intended for human consumption, whether smoked, heated, chewed, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, including, but not limited to cigarettes, cigars, little cigars, chewing tobacco, pipe tobacco, snuff;

(b) Any electronic smoking device that delivers nicotine or other substances to the person inhaling from the device, including, but not limited to an electronic cigarette, cigar, pipe, or hookah;

(c) "tobacco product" includes any component, part, or accessory of a tobacco product.

4) "Tobacco use" means smoking, chewing, dipping, or any other use of tobacco products, including electronic smoking devices.

## **Signage**

Signs will be posted in a manner and location that adequately notify students, staff and visitors about the 100 percent tobacco-free schools policy.

## **Enforcement for Students**

Consequences for students engaging in the prohibited behavior will be provided in accordance with the Student Code of Conduct. Students who violate the school districts tobacco use policy will be referred to the guidance counselor, a school nurse, or other health or counseling services for all offenses for health information, counseling and referral. Parents/guardians will be notified of all violations and actions taken by the school.

## **Enforcement for Staff and Visitors**

Consequences for employees who violate the tobacco use policy will be in accordance with personnel policies and may include verbal warning, written reprimand, or termination. Visitors using tobacco products will be asked to refrain while on school property or leave the premises. Law enforcement officers may be contacted to escort the person off the premises or

cite the person for trespassing if the person refuses to leave the school property. Forfeiture of any fee charged for admission will be enforced for visitors violating this policy.

### **Opportunities for Cessation**

The administration will consult with the county health department and other appropriate health organizations to provide students and employees with information and referral to support systems, programs and services to encourage them to abstain from the use of tobacco products.

### **Prevention Education**

The administration will consult with appropriate health organizations to identify and provide tobacco use prevention programs that follow the guidance from the Centers for Disease Control and Prevention. Such programs should provide opportunities for students to gain a greater understanding of the health hazards of tobacco use and the impact of tobacco use as it relates to providing a safe, orderly, clean and inviting school environment. The administration should not use programs sponsored by a tobacco company.

### **Procedures for Implementation**

The administration will develop a plan for communicating the policy that may include information in student and employee handbooks, announcements at school-sponsored or school-related events, and appropriate signage in buildings and around the school campus. An enforcement protocol, which identifies consequences for students, staff and visitors who violate the policy, will be created and communicated to all students, staff and parents.

### **Effective Date**

This policy shall take effect in full on [INSERT DATE].



## E-cigarettes, “Vapes”, and JUULs What Schools Should Know

### What are these products?

- E-cigarettes are battery-powered devices that use a heating element to heat e-liquid, typically containing nicotine, from a cartridge that produces a chemical-filled aerosol.
- Many e-liquids or “e-juice” come in fruit flavors, making them appealing to kids.

*E-cigarettes come in many forms and can look like everyday products like pens, USB flash drives, phones and tubes of lipstick.*

- Currently, the most popular e-cigarette among teens is the JUUL, which looks like a USB flash drive and produces little visible aerosol when being used. Many JUUL pods contain high levels of nicotine - one JUUL pod claims to contain roughly the same amount of nicotine as one pack of cigarettes.

### Most common reasons kids use e-cigarettes include:<sup>2</sup>



**39%**

Use by “friend or family member”



**31%**

Availability of “flavors such as mint, candy, fruit, or chocolate”



**17%**

Belief that “they are less harmful than other forms of tobacco such as cigarettes”

### Are e-cigarettes less harmful than cigarettes?

- The Surgeon General has concluded that e-cigarette aerosol is not safe.
- E-cigarettes contain harmful and potentially harmful ingredients, including formaldehyde and acrolein, which can cause irreversible lung damage. They also contain nicotine.
- E-cigarettes can be used for delivery of marijuana and other illicit drugs.
- FDA has found no e-cigarette to be safe and effective in helping people quit; in fact, more than half of all adult e-cigarette users continue to use regular cigarettes.

### Is youth e-cigarette use really an epidemic?

*The FDA has called e-cigarette use among teens an epidemic with no signs of abating.*

- E-cigarettes are the most commonly used tobacco products among kids, with nearly 12 percent of high school students nationwide using e-cigarettes and about 20 percent using at least one tobacco product.<sup>1</sup>

<sup>1</sup> Wang TW, Gentzke A, Sharapova S, Cullen KA, Ambrose BK, Jamal A. Tobacco Product Use Among Middle and High School Students — United States, 2011–2017. MMWR Morb Mortal Wkly Rep 2018;67:629–633. DOI: <http://dx.doi.org/10.15585/mmwr.mm6722a3>

<sup>2</sup> Tsai J, Walton K, Coleman BN, et al. Reasons for Electronic Cigarette Use Among Middle and High School Students — National Youth Tobacco Survey, United States, 2016. MMWR Morb Mortal Wkly Rep 2018;67:196–200. DOI: <http://dx.doi.org/10.15585/mmwr.mm6706a5>



## Impact of e-cigarette use on teens

*The bottom line: e-cigarette use is unsafe, especially for young people.*

- Schools should work with their students to help educate them about the potential long-term consequences of using e-cigarettes.
- Kids often don't realize that they are harming their lungs and their brains by using e-cigarettes.
- Kids may not realize that the products they are using contain nicotine, which is highly addictive and can harm adolescent brain development.
- It's not just harmless water vapor: secondhand emissions from e-cigarettes can contain nicotine; ultrafine particles; flavorings such as diacetyl, a chemical linked to serious lung disease; volatile organic compounds such as benzene, which is found in car exhaust; and heavy metals, such as nickel, tin and lead.
- The e-cigarette industry is currently using many of the same tactics that worked to sell traditional cigarettes for decades.
- These products are designed to appeal to and be used by teens and can go undetected by adults.



1-800-LUNGUSA | Lung.org

## What should schools do to protect their students from these products?

- Institute and enforce comprehensive tobacco-free campus policies, including all e-cigarettes. Punitive policies aren't effective. Many of our youth are already addicted to nicotine through these tobacco products and therefore efforts are needed to help kids quit. Schools should offer programs on-site to help students quit or connect them with resources to support them in breaking free from their addiction.
- Ensure all teachers, administrators and staff know the different kinds of e-cigarettes on the market and the dangers they pose to young people.
- Participate in the "Real Cost Campaign." FDA's tobacco prevention campaign which now features ads to educate teens on dangers of e-cigarettes. Schools can take advantage of free print materials and web content from the campaign.

## What resources does American Lung Association offer to address this issue?

- Not on Tobacco (N-O-T) is the American Lung Association's teen smoking cessation program and helps teens who want to quit, and provides the tools, information and support to quit for good.
- The Alternative to Suspension program is offered as an option to students who face suspension for violation of school tobacco-use policy and is administered by an adult facilitator in either a one-on-one or group format in a school or community-based setting.

## Contact

Lung HelpLine and Tobacco Quitline is a telephone support line available in over 200 languages, and is a free service allowing callers access to expert staff, including registered nurses, respiratory therapists, pharmacists and certified tobacco cessation specialists.



1-800-LUNG-USA (1-800-586-4872) or  
[www.Lung.org/helpline](http://www.Lung.org/helpline)



Learn more about these and other programs at  
[www.Lung.org](http://www.Lung.org)

Contact your local American Lung Association office for information on youth leadership groups and other youth tobacco initiatives. **1-800-LUNGUSA**



## The Impact of E-Cigarettes on the Lung

E-cigarettes are a relatively new tobacco product that have been sold in the U.S. for about a decade. The e-cigarettes currently in the U.S. marketplace have not been systemically reviewed by the Food and Drug Administration to determine their impact on lung health. While much remains to be determined about the lasting health consequences of these products, the American Lung Association is very troubled by the evolving evidence about the impact of e-cigarettes on the lungs.

### The Inhalation of Harmful Chemicals Can Cause Irreversible Lung Damage and Lung Disease

In January 2018, the National Academies of Science, Engineering and Medicine<sup>1</sup> released a consensus study report that reviewed over 800 different studies.

*That report made clear: using e-cigarettes causes health risks. It concluded that e-cigarettes both contain and emit a number of potentially toxic substances. The Academies' report also states there is moderate evidence that youth who use e-cigarettes are at increased risk for cough and wheezing and an increase in asthma exacerbations.*



A study from the University of North Carolina found that the two primary ingredients found in e-cigarettes – propylene glycol and vegetable glycerin – are toxic to cells, and that the more ingredients in an e-liquid, the greater the toxicity.<sup>2</sup>



E-cigarettes produce a number of dangerous chemicals including acetaldehyde, acrolein, and formaldehyde. These aldehydes can cause lung disease, as well as cardiovascular (heart) disease.<sup>3</sup>



E-cigarettes also contain acrolein, a herbicide primarily used to kill weeds. It can cause acute lung injury and COPD and may cause asthma and lung cancer.<sup>4</sup>



Both the U.S. Surgeon General and the National Academies of Science, Engineering and Medicine have warned about the risks of inhaling secondhand e-cigarette emissions, which are created when an e-cigarette user exhales the chemical cocktail created by e-cigarettes.



In 2016, the Surgeon General concluded that secondhand emissions contain, "nicotine; ultrafine particles; flavorings such as diacetyl, a chemical linked to serious lung disease; volatile organic compounds such as benzene, which is found in car exhaust; and heavy metals, such as nickel, tin, and lead."



The Food and Drug Administration has not found any e-cigarette to be safe and effective in helping smokers quit. If smokers are ready to quit smoking for good, they should call 1-800-QUIT NOW or talk with their doctor about finding the best way to quit using proven methods and FDA-approved treatments and counseling.

<sup>1</sup> NAM Report - <https://www.nap.edu/resource/24952/012318ecigaretteConclusionsbyEvidence.pdf>

<sup>2</sup> Sassano MF, Davis ES, Keating JE, Zorn BT, Kochar TK, Wolfgang MC, et al. (2018) Evaluation of e-liquid toxicity using an open-source high-throughput screening assay. *PLoS Biol* 16(3): e2003904. <https://doi.org/10.1371/journal.pbio.2003904>

<sup>3</sup> Ogunwale, Mumiye A et al. (2017) Aldehyde Detection in Electronic Cigarette Aerosols. *ACS omega* 2(3): 1207-1214. doi: 10.1021/acsomega.6b00489.

<sup>4</sup> Bein K, Leikauf GD. (2011) Acrolein - a pulmonary hazard. *Mol Nutr Food Res* 55(9):1342-60. doi: 10.1002/mnfr.201100279.



## E-cigarettes, “Vapes”, and JUULs What Teens Should Know

### What are e-cigarettes?

Electronic cigarettes, or e-cigarettes, include “vapes”, hookah pens, or JUULs. They are battery-powered devices that heat an e-liquid sometimes called “e-juice” that often contains nicotine. E-cigarettes are inhaled like regular cigarettes and produce an aerosol cloud of nicotine or other substances. They are not proven to be a safer alternative to cigarettes.

### Is there a difference between using e-cigarettes and JUULing?

- No. JUULs may look different, but they’re actually a type of e-cigarette.

*Every JUUL pod contains highly addictive nicotine. JUUL does not make any nicotine-free pods. Some JUUL pods claim to have roughly as much nicotine as an entire pack of cigarettes.*

- The aerosol cloud produced by a JUUL might not look as thick as other e-cigarettes’ or regular cigarette smoke, but it still contains many of the same chemicals and has the same health risks.

### Aren’t e-cigarettes less harmful than tobacco? Isn’t it just water vapor?

- The aerosol produced by e-cigarettes isn’t water vapor and it isn’t harmless.

*The aerosol inhaled from these products is often a mixture of harmful chemicals like nicotine, formaldehyde and acrolein.*

- Virtually all e-cigarettes contain nicotine – even the ones labeled “nicotine free”. This is because there are no rules about how e-cigarettes or “e-juice” are made. There is no way to know exactly what is in an e-cigarette.
- “E-juice” and JUUL pods flavored like fruit or other treats carry the same health risks as the unflavored products. Also, the flavorings used are typically not safe to be inhaled into the lungs.



## What are the health risks of e-cigarettes?

- E-cigarettes contain chemicals that can cause irreversible lung damage and alter teen brains.

*E-cigarettes contain harmful chemicals such as formaldehyde, which is known to cause cancer, and acrolein which is used as a weed killer and can cause irreversible lung damage.*

- Nicotine is highly addictive and exposure during adolescence can harm the developing brain.
- Youth who use e-cigarettes are more likely to go on to use traditional cigarettes.
- In the short term, e-cigarette aerosol can irritate your lungs, throat and eyes. It can also make it more likely that you'll catch colds or get the flu.



## Is it legal for people to sell e-cigarettes to youth or for youth to buy or use them?

- In the majority of states, the minimum age of sale for e-cigarettes is 18; in three states the minimum age is 19 and in six states and DC the minimum age is 21.

*In many states, it is illegal for retailers to sell youth e-cigarettes, and in some states it is also illegal for youth to possess e-cigarettes.*

- Many schools have added e-cigarettes to their tobacco-free school policies and the consequences for using them on school grounds are often the same as smoking traditional cigarettes.

## Can e-cigarettes help someone quit?

- No e-cigarette has been found to be safe and effective to help people quit smoking.
- If you know someone who wants to quit smoking, they can call **1-800-LUNGUSA (1-800-586-4872)** or visit **[www.Lung.org](http://www.Lung.org)** to learn about quitting safely.

## Learn more:

Contact your local American Lung Association office for information on youth leadership groups and other youth tobacco initiatives. **1-800-LUNGUSA** or **[www.Lung.org](http://www.Lung.org)**



## External Resources on E-Cigarettes

- American Lung Association's Statement on E-cigarettes  
[lung.org/ecigs](http://lung.org/ecigs)
- US Department of Health and Human Services.  
[cdc.gov/tobacco/data\\_statistics/sgr/e-cigarettes/pdfs/2016\\_sgr\\_entire\\_report\\_508.pdf](http://cdc.gov/tobacco/data_statistics/sgr/e-cigarettes/pdfs/2016_sgr_entire_report_508.pdf)
- American Lung Association's Truth About E-Cigarettes Brochure  
[kramessstore.com/index.php/associations/american-lung-association.html](http://kramessstore.com/index.php/associations/american-lung-association.html)
- U.S. Surgeon General's Know the Risks: E-cigarettes and Young People  
[e-cigarettes.surgeongeneral.gov](http://e-cigarettes.surgeongeneral.gov)
- Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion's Facts about Electronic Cigarettes  
[cdc.gov/tobacco/basic\\_information/e-cigarettes/](http://cdc.gov/tobacco/basic_information/e-cigarettes/)
- U.S. Food & Drug Administration's Vaporizers, E-Cigarettes and other Electronic Nicotine Delivery Systems (ENDS)  
[fda.gov/tobaccoproducts/labeling/productingredientscomponents/ucm456610](http://fda.gov/tobaccoproducts/labeling/productingredientscomponents/ucm456610)
- "The Real Cost" Youth E-Cigarette Prevention Campaign  
[fda.gov/TobaccoProducts/PublicHealthEducation/PublicEducationCampaigns/TheRealCostCampaign](http://fda.gov/TobaccoProducts/PublicHealthEducation/PublicEducationCampaigns/TheRealCostCampaign)
- Minnesota's Department of Health E-Cigarettes and Other Vaping Products  
[health.state.mn.us/ecigarettes](http://health.state.mn.us/ecigarettes)
- The National Academies of Sciences Engineering Medicine Health and Medicine Division's Public Health Consequences of E-Cigarettes  
[nationalacademies.org/hmd/Reports/2018/public-health-consequences-of-e-cigarettes](http://nationalacademies.org/hmd/Reports/2018/public-health-consequences-of-e-cigarettes)
- American Nonsmokers' Rights Foundation Electronic Cigarettes  
[no-smoke.org/smokefree-threats/electronic-cigarettes/](http://no-smoke.org/smokefree-threats/electronic-cigarettes/)
- Public Health Law Center/Tobacco Control Legal Consortium E-Cigarettes  
[publichealthlawcenter.org/topics/tobacco-control/e-cigarettes](http://publichealthlawcenter.org/topics/tobacco-control/e-cigarettes)
- Public Health Law Center's Model for a Tobacco-free Environment in Minnesota's K-12 Schools  
[publichealthlawcenter.org/sites/default/files/resources/phlc-fs-tobaccofree-k-12-school-policy-2011.pdf](http://publichealthlawcenter.org/sites/default/files/resources/phlc-fs-tobaccofree-k-12-school-policy-2011.pdf)
- Campaign for Tobacco-Free Kids Taking Down Tobacco  
[takingdowntobacco.org](http://takingdowntobacco.org)
- Stanford's Tobacco Prevention Toolkit  
[med.stanford.edu/tobaccopreventiontoolkit](http://med.stanford.edu/tobaccopreventiontoolkit)
- CATCH My Breath E-Cigarette Prevention Program for Schools  
[catchinfo.org/modules/e-cigarettes/](http://catchinfo.org/modules/e-cigarettes/)

## E-cigarettes, “Vapes”, and JUULs What Parents Should Know



### Are e-cigarettes less harmful than cigarettes?

*There is no FDA oversight of the manufacturing of these products – which means there is no oversight regarding potentially harmful ingredients.*

- E-cigarettes almost always contain harmful ingredients including nicotine.
- Acrolein, a known ingredient of many e-cigarettes, causes irreversible lung damage. Nicotine exposure during adolescence and can harm the developing brain.
- The most popular e-cigarette among teens is JUUL
  - All JUUL pods contain some nicotine – something many youth don't realize.
  - According to the manufacturer, one JUUL pod may contain as much nicotine as a pack of cigarettes.
- No e-cigarette has been found to be safe and effective by FDA in helping smokers quit.

### Is there a difference between e-cigarettes and JUULing?

- No. JUULs may look different, but they're actually a type of e-cigarette.
- E-cigarettes are battery powered and deliver nicotine through a liquid which turns into an aerosol.
- The e-liquids come in fruit flavors that appeal to youth.

*JUUL is more discrete and looks like a USB drive. Other e-cigarettes may look like phones.*

- Cartridge-based e-cigarettes like JUUL contain nicotine salts that do not produce vapor or visible emissions when the device is used and may make the product even more addictive.
- JUUL claims that some of its pods have roughly as much nicotine as an entire pack of cigarettes.

### How bad is the e-cigarette epidemic?

Most common reasons youth use e-cigarettes<sup>1</sup>

 **39%**

Use by “friend or family member”

 **31%**

Availability of “flavors such as mint, candy, fruit, or chocolate”

 **17%**

Belief that “they are less harmful than other forms of tobacco such as cigarettes”



## Does the American Lung Association agree with the Food and Drug Administration that youth use of e-cigarettes has reached an epidemic?

- Yes, the American Lung Association agrees that e-cigarette use among youth has reached epidemic levels.
- American Lung Association has been asking the FDA to take action on e-cigarettes for a decade.
- E-cigarettes are the most commonly used tobacco products among youth and have been for several years now.
- Many youth don't realize how they are harming their lungs and their brains by using e-cigarettes.

*Several years ago, one study estimated there were about 7,700 flavors of e-cigarettes on the market at that time.*



## How is the American Lung Association helping your children?

- The American Lung Association urges the Food and Drug Administration to take meaningful action to crack down against products that target youth.
- The Lung Association and our partners filed a lawsuit against FDA for its delay of reviewing products currently for sale.
- The American Lung Association is working to implement proven effective policies that will reduce youth from e-cigarettes, including raising the minimum age of sale to 21 and increasing the price of products.
- Education programs available
  - Not on Tobacco (N-O-T) is the American Lung Association's teen smoking cessation program and helps teens who want to quit, providing the tools, information and support to quit for good.
  - Alternative to Suspension program is offered as an option to students who face suspension for violation of school tobacco-use policy and is administered by an adult facilitator in either a one-on-one or group format in a school or community-based setting.

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**[www.Lung.org/helpline](http://www.Lung.org/helpline).**



Learn more about these and other programs at  
**[www.Lung.org](http://www.Lung.org).**

Contact your local American Lung Association office for information on youth leadership groups and other youth tobacco initiatives. **1-800-LUNGUSA**

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The Board acknowledges that adult employees and visitors serve as role models for students. The Board recognizes that it has an obligation to promote positive role models in schools and to promote a healthy learning and working environment, free from unwanted smoke and tobacco use for the students, employees, and visitors on the school campus.

## Tobacco Use Prohibited

No student, staff member or school visitor is permitted to use any tobacco product at any time, including non-school hours (24/7):

- in any building, facility, or vehicle owned, leased, rented or chartered by the (City/County) Public Schools;
- on any school grounds and property – including athletic fields and parking lots – owned leased, rented or chartered by (City/County) Public Schools; or
- at any school-sponsored or school-related event on-campus or off-campus.

In addition, school district employees, school volunteers, contractors or other persons performing services on behalf of (City/County) Public Schools also are prohibited from using tobacco products at any time while on duty and in the presence of students, either on or off school grounds.

Further, no student shall be permitted to possess a tobacco product while in any school building; while on school grounds or property; or at any school-sponsored or school-related event, or at any other time that students are under the authority of school personnel.

Tobacco products may be included in instructional or research activities in public school buildings, if the activity is conducted or supervised by the faculty member overseeing the instruction or research project, and the activity does not include smoking, chewing, or otherwise ingesting the tobacco product.

## Definitions

For the purposes of this policy, the following definitions have the following meanings:

- 1) “Electronic Smoking Device” means any electronic device, the use of which may resemble smoking, which can be used to deliver an inhaled dose of nicotine or other substances to the user. “Electronic Smoking Device” includes any such electronic smoking device, whether manufactured,

distributed, marketed, or sold as an electronic cigarette, electronic cigar, electronic cigarillo, electronic pipe, electronic hookah, vape pen or any other product name or descriptor.

2) "Smoke or Smoking" means inhaling, exhaling, burning, or carrying any lighted or heated cigar, cigarette, or pipe, or any other lighted or heated tobacco or plant product intended for inhalation, including hookahs and marijuana, whether natural or synthetic, in any manner or in any form.

"Smoking" also includes the use of an electronic smoking device which creates an aerosol or vapor, in any manner or in any form.

3) "Tobacco Product" means:

(a) Any product containing, made, or derived from tobacco or nicotine that is intended for human consumption, whether smoked, heated, chewed, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, including, but not limited to cigarettes, cigars, little cigars, chewing tobacco, pipe tobacco, snuff;

(b) Any electronic smoking device that delivers nicotine or other substances to the person inhaling from the device, including, but not limited to an electronic cigarette, cigar, pipe, or hookah;

(c) "tobacco product" includes any component, part, or accessory of a tobacco product.

4) "Tobacco use" means smoking, chewing, dipping, or any other use of tobacco products, including electronic smoking devices.

## **Signage**

Signs will be posted in a manner and location that adequately notify students, staff and visitors about the 100 percent tobacco-free schools policy.

## **Enforcement for Students**

Consequences for students engaging in the prohibited behavior will be provided in accordance with the Student Code of Conduct. Students who violate the school districts tobacco use policy will be referred to the guidance counselor, a school nurse, or other health or counseling services for all offenses for health information, counseling and referral. Parents/guardians will be notified of all violations and actions taken by the school.

## **Enforcement for Staff and Visitors**

Consequences for employees who violate the tobacco use policy will be in accordance with personnel policies and may include verbal warning, written reprimand, or termination. Visitors using tobacco products will be asked to refrain while on school property or leave the premises. Law enforcement officers may be contacted to escort the person off the premises or



cite the person for trespassing if the person refuses to leave the school property. Forfeiture of any fee charged for admission will be enforced for visitors violating this policy.

### **Opportunities for Cessation**

The administration will consult with the county health department and other appropriate health organizations to provide students and employees with information and referral to support systems, programs and services to encourage them to abstain from the use of tobacco products.

### **Prevention Education**

The administration will consult with appropriate health organizations to identify and provide tobacco use prevention programs that follow the guidance from the Centers for Disease Control and Prevention. Such programs should provide opportunities for students to gain a greater understanding of the health hazards of tobacco use and the impact of tobacco use as it relates to providing a safe, orderly, clean and inviting school environment. The administration should not use programs sponsored by a tobacco company.

### **Procedures for Implementation**

The administration will develop a plan for communicating the policy that may include information in student and employee handbooks, announcements at school-sponsored or school-related events, and appropriate signage in buildings and around the school campus. An enforcement protocol, which identifies consequences for students, staff and visitors who violate the policy, will be created and communicated to all students, staff and parents.

### **Effective Date**

This policy shall take effect in full on [INSERT DATE].