



## Frequently Asked Questions (FAQ) Vaping

### 1. What does SBISD Student Code of Conduct say regarding tobacco and vaping devices?

*Smoking or vaping is not allowed on any SBISD premises or at school-related functions. Students shall not possess the following related tobacco products and/or smoking paraphernalia, including but not limited to cigarettes, e-cigarettes, cigars, pipes, snuff, or chewing tobacco, smokeless tobacco, vape pens, vape liquids (whether or not they contain tobacco products), or Juul vaporizers. Misdemeanor tickets for minors in possession of alcohol and/or drugs/tobacco on school property may be issued by the SBISD Police Department.*

### 2. So, if a student is found with one of these above devices what could happen?

*For Level III incidents: behaviors should be supported using one or more of the management techniques appropriate for the student, the school environment, and the situation:*

- *Assignment to in-school suspension (ISS); and/or*
- *Out-of-school suspension (up to three days); and/or*
- *Assignment to a DAEP (District or Highpoint); and/or*
- *Certain offenses may result in filing a charge by the SBISD Police*

### 3. What are e-cigarettes?

*E-cigarettes are battery-powered smoking devices. They have cartridges filled with a liquid that usually contains nicotine, flavorings, and chemicals. The liquid is heated into a vapor, which the person inhales. That's why using e-cigarettes is called "vaping."*

### 4. What are some of the known health risks?

*The long-term health consequences of vaping are not known. Recent studies report serious lung damage in people who vape, and even some deaths*

### 5. How can teens quit vaping?

- *For kids and teens who want to quit, it can help to:*
- *Decide why they want to quit and write it down or put it in their phone. They can look at the reason(s) when they feel the urge to vape.*
- *Pick a day to stop vaping. They can put it on the calendar and tell supportive friends and family that they're quitting on that day.*
- *Get rid of all vaping supplies.*



- *Download tools (such as apps and texting programs) to their phone that can help with cravings and give encouragement while they're trying to stop vaping.*
- *Understand withdrawal. Nicotine addiction leads to very strong cravings for nicotine. It can also lead to:*
  - *headaches*
  - *feeling tired, cranky, angry, or depressed*
  - *trouble concentrating*
  - *trouble sleeping*
  - *hunger*
  - *restlessness*
- *The signs of withdrawal are strongest in the first few days after stopping. They get better over the following days and weeks.*

## 6. How can parents help?

*To help kids understand the risks of vaping and take control of their health, you can:*

- *Share the [just-for-teens version](#) of this article with your child.*
- *Suggest that your child look into local programs and websites that help people quit vaping. Your health care provider can help you and your child find the right support.*
- *Lend your support as your teen [tries to quit](#).*
- *Set a good example by taking care of your own health. If you smoke or vape, make the commitment to quit.*
- *Talk to your kids about the reports of serious lung damage, and even deaths, in people who vape. Call your doctor right away if your child or teen vapes and has:*
  - *[coughing](#), shortness of breath, or chest pain*
  - *nausea, [vomiting](#), or [diarrhea](#)*
  - *tiredness, [fever](#), or weight loss*