



Vaping Awareness

Parent Power Hour
March 15, 2021

Welcome & Introductions

Support Staff

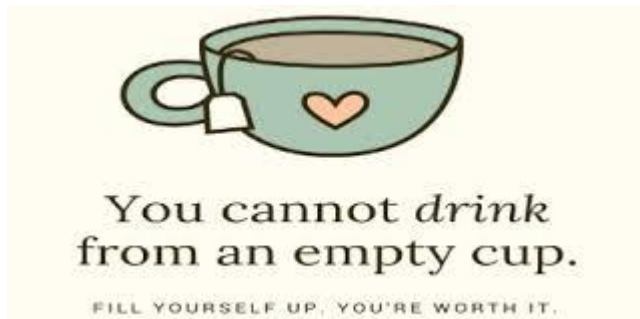
- Martha Dearstyne, Horizon MS Counselor - martha.dearstyne@ferndalesd.org; 360-383-9853
- Terry Saunders, Intervention Specialist - terrill.saunders@ferndalesd.org; 360-383-9857 (Vista); 360-383-9403 (Horizon)
- Mike Black, Vista MS Counselor - michael.black@ferndalesd.org; 360-383-9373
- Bryce Larson, Horizon MS Counselor Intern - bryce.larson@ferndalesd.org
- Jackie Posner, Horizon MS CIS - jackie.posner@ferndalesd.org; 401-426-4509

Other special guests!

- Rebecca Snearly, Whatcom County Health Department - RSnearly@co.whatcom.wa.us
- Cole Henken - Vista Middle School 8th grader

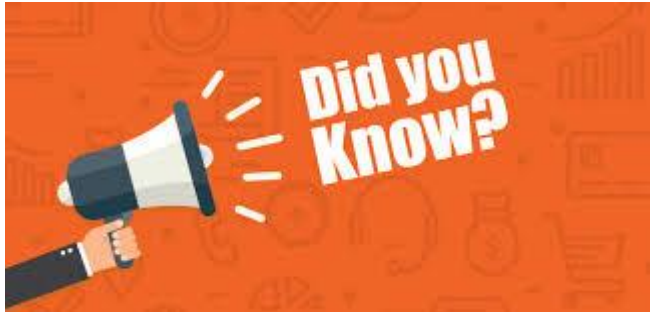
Check In Question

- What is one strategy you use to cope with stress?



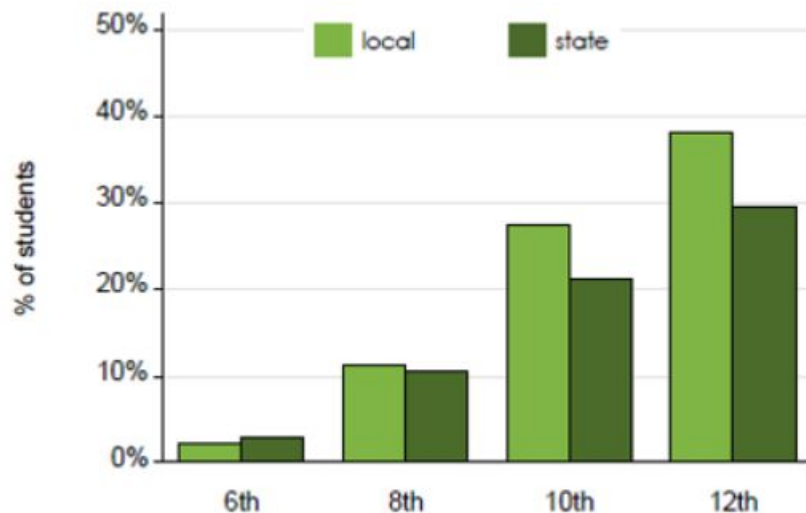
What are the facts?

- History of vaping
- CDC data
- Age to purchase is 21
- Alcohol & other substance use is up with the pandemic



2018 Healthy Youth Survey- Whatcom County

Current (past 30-day) vapor product use
compared to the state, all grades



Prevalence	6th	8th	10th	12th
local	2% ±1	11% ±2	27% ±3	38% ±4
state	3% ±1	10% ±1	21% ±3	30% ±3

Popular vaping devices

- Puffbar
- JUUL
- Video
- ZYN, 8 mg



Vaping THC (Marijuana)

Disposable: all-in-one, may be flavored



Prefilled or refillable: Cartridge and battery pen; liquids may be flavored



Prefilled or refillable: Pod and battery mod; pods may be flavored



Refillable: Tank mod; allows variable voltage/watts allowing users to customize the substances in the device



Refillable: Vaporizer, Dab Rig, Dab Pen; can use marijuana herb, oil, dab wax



What chemicals are in vaping devices?

- Aluminum
- Cadmium
- Silver
- Lead
- Diacetyl
- Nicotine
- Other chemicals include:
 - Formaldehyde
 - Arsenic
 - Benzene



Nicotine Concerns

- Amount of nicotine in vaping devices varies & can be high
- Nicotine is highly addictive
- Hard to quit once you're addicted
- Nicotine pouches w/ flavors
- What does nicotine do to your brain?



Why is vaping so popular with youth?

- Peer pressure
- Easy access - little to no smell, indoor use
- Different flavors
- Vaping “tricks”
- Buzz-Dizzy
- **Safer is not safe!**



Healthy Coping Strategies vs. Unhealthy Coping Strategies

- Students may be using more substances (including nicotine) & other **unhealthy coping strategies** in response to stress
- Examples of **healthy coping strategies & protective factors**:
 - Exercise
 - Opportunities for creativity (art, poetry, journaling, music, etc.)
 - Going outside
 - Healthy risk taking
 - Mentoring
 - Access to stable adults
 - Involvement in extracurricular activities
 - Capitalizing on students' strengths



when you feel ANXIOUS

MENTALLY PRESENT



ASK FOR
HELP



CREATE
SOMETHING



TAKE A
DEEP
BREATH



WRITE ABOUT
HOW YOU FEEL



LISTEN TO
SOOTHING
SONGS



STAY PRESENT

FIND A POSITIVE
DISTRACTION



How to have the conversation with your student



- **Know the facts**
- **Be patient & ready to listen**
- **Ask an open-ended question to start the conversation** such as, “What have you already learned about vaping?” vs. “We need to talk”
- **Answer your child’s questions**
- **Express love, care, and concern**
- **Don’t lecture!**
- **Ask for support if you’re concerned about your child’s use**
 - Ask your healthcare provider or another trusted adult to talk with your student

Resources



- Teen Link (teenlink.org)
- Be Tobacco Free
- 1-800-Quit-Now or 1-800-784-8669
- The Truth
- The Real Cost Campaign
- WA state Quit Line
- SAMHSA National Helpline (1-800-662-HELP)
- Ferndale School District support teams! (HS & MS)
- Whatcom County Health Department
- Support staff at your school!
- Strengthening Families Program

Upcoming and Ongoing Opportunity for Families:

- ▶ Successfully navigate middle school transitions with the Strengthening Families Program designed to enhance school success and reduce youth substance use and conflict in families with youth 10-14 years old



Questions:

Kate.Foster@wsu.edu

Get notified of new programs starting:

<https://extension.wsu.edu/whatcom/fch/sfp/>

Questions?

Thank you for joining us this evening!

