

Vaping Know The Truth

Middle and High school students

<https://truthinitiative.org/>

OVERVIEW & PURPOSE

Truth Initiative is America's largest nonprofit public health organization dedicated to a future where tobacco and nicotine addiction are things of the past. Their mission is clear: achieve a culture where young people reject smoking, vaping, and nicotine.

Quick Facts

1. Over 2.5 million middle and high school students use e-cigarettes
2. Nicotine is harmful to developing brains and its use during adolescence can disrupt the formation of brain circuits that control attention, learning, and susceptibility to addiction.
3. Nicotine can amplify feelings of anxiety and depression and increase stress.

Helpful information:

1. <https://truthinitiative.org/research-resources/harmful-effects-tobacco/young-adults-are-underestimating-dangers-nicotine>
2. <https://truthinitiative.org/research-resources/harmful-effects-tobacco/nicotine-and-young-brain>
3. <https://truthinitiative.org/mental-health-and-nicotine-resources>
4. <https://truthinitiative.org/research-resources/substance-use/action-needed-youth-and-marijuana>

Resources:

1. Teens and young adults who want to quit vaping can join for free by texting **DITCHVAPE** to **88709**
2. Are you a parent of a young person who vapes? Parents can text **QUIT** to 847-278-9715 to sign up to receive text messages designed specifically for parents of vapers.
3. Contact the district social worker Marisa Clifton if you would like your Student to complete a vaping prevention online lesson- mclifton@strasburg31j.com.

The Suicide Prevention Lifeline connects callers to trained crisis counselors 24/7. They also provide a chat function on their website.

Phone: 1-800-273-TALK (8255).

24/7 Crisis Text Line: Text "HOME" to 741741 from anywhere in the U.S. to connect with a volunteer crisis counselor by text.