

- *SOCIAL MEDIA LEADS KIDS TO THE DOOR,
- *FLAVORS WALK KIDS THROUGH THE DOOR,
- *NICOTINE SLAMS THE DOOR SHUT ON THEM.

- ✓ THE ONLY THING WE SHOULD EVER INHALE IS AIR; EVERYTHING ELSE IS AN IRRITANT TO THE LUNGS. ☹
- ✓ REPEAT AFTER ME: "THERE IS NO SAFE VAPE!"
- ✓ THE E-LIQUID IS NOT WATER AND NATURAL FLAVORS. IT'S PROPYLENE GLYCOL & CHEMICAL FLAVORS, WHICH ALWAYS TURN INTO FORMALDEHYDE GAS WHEN HEATED ☹
- ✓ THE AEROSOL, THAT IS INHALED, PUTS MICRO-PARTICLES OF HEAVY METALS, LIKE LEAD, TIN AND CADMIUM, INTO YOUR LUNGS ☹
- ✓ THE NICOTINE IS ADDICTING AND JUUL ALWAYS HAS NICOTINE ☹
- ✓ NO ONE KNOWS THE LONG TERM EFFECTS OF VAPING; NOT EVEN THE VAPING COMPANIES!
- ✓ NICOTINE CHANGES ADOLESCENT BRAINS, IN THE AREAS OF ATTENTION, IMPULSE CONTROL, MOOD, MEMORY & IN THE ABILITY TO BE *CALM AND CHILL* ☹
- ✓ VAPERS ARE 4X MORE LIKELY TO BE SMOKERS & WE KNOW HOW BAD SMOKING IS.

HOW TO TELL IF YOU ARE ADDICTED:

1. YOU VAPE EVERY DAY OR TWO
2. HAVE ANXIETY WHEN YOU DON'T VAPE
3. GET SHORT TEMPERED WHEN YOU DON'T VAPE
4. CAN'T SLEEP WELL WITHOUT IT
5. SPENDING TIME AND MONEY THAT YOU DON'T HAVE TO SPEND
6. YOU VAPE DURING THE SCHOOL DAY
7. YOU VAPE WITHIN THE FIRST TWO HOURS OF WAKING UP
8. YOU CAN'T FOCUS ON SCHOOL WORK IF YOU DON'T VAPE
9. YOUR RELATIONSHIP WITH PARENTS & FRIENDS HAVE CHANGED BECAUSE OF VAPING

VAPING & TOBACCO INTERVENTION RESOURCES

1. S.C. Department of Health, Office of Health Education: 631-853-3162
www.suffolkcountyny.gov/health (Click "Preventive Medicine/Health Education")
 - ✓ Youth Vaping Cessation Classes (4 classes) Call to register!
 - ✓ "VAPE OUT!" Program: Customized trainings for school and community workshops, peer education, alternatives-to-suspension
 - ✓ The "Learn To Be...Tobacco Free" Cessation Program
 - ✓ Enforcement: Call to report any locations suspected of sales of tobacco and vaping products to minors (under 21)
2. NYS QUITLINE: 1-866-697-8487 or www.nysmokefree.com for free nicotine replacement medications, Opt-to-Quit tobacco program, educational resources
3. www.truthinitiative.org Youth centered vaping education and quit tips
4. www.becomeanex.org Tobacco cessation program
5. LICADD: Addicted? Confidential evaluation of your drug use: 631-979-1700

TEXTING TO QUIT

1. Vaping Cessation: Text "QUIT" to 202-804-9884/Text "DITCHJUUL" to 887-09
2. Parents: For parents of students who vape: Text "QUIT" to (202) 899-7550
3. Tobacco Cessation support: Text "QUITNOW" to 202-759-6436

ADDITIONAL RESOURCES

1. CDC: Centers for Disease Control & Prevention www.cdc.gov/tobacco
EVALI: VAPING INJURY CONCERNS:
 - ✓ For concerns about symptoms: **POISON CONTROL:** 1-800-222-1222
 - ✓ For suspicious product concerns: **CDC VAPING HOTLINE:** 1-800-232-4636
2. NIDA: National Institute on Drug Abuse
www.drugabuse.gov Look for "NIDA TEENS"
3. Campaign For Tobacco-Free Kids: www.tobaccofreekids.org
Lessons for youth and parents on tobacco and vaping
4. Partnership for Drug Free Kids: www.drugfree.org/vaping
"How to Talk to Your Kids about Vaping" Guide
5. Teen Quitting: <https://teen.smokefree.gov/quit-vaping> www.smokefree.gov
6. www.mayoclinic.org Search "Nicotine" for in-depth nicotine information
7. American Lung Association: Alternative-to-suspension Program:
<https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html>
8. Scholastic Lessons: <http://www.scholastic.com/youthvapingrisks>

POSTERS & PAMPHLETS

FDA: Free vaping prevention posters <https://digitalmedia.hhs.gov/tobacco>