

**Spring Branch ISD**

**parent@u**

A Family Learning Experience

# Parent U

## Vaping 101: What Every Parent Needs to Know



**Every  
Child**



**Collective  
Greatness**



**Collaborative  
Spirit**



**Limitless  
Curiosity**



**Moral  
Compass**

**Our Values: The Spring Branch Way**



# T 2-4 For Every Child



**Academically Prepared**



**Ethical & Service-minded**



**Empathetic & Self-Aware**



**Persistent & Adaptable**



**Resourceful Problem-solver**



**Communicator & Collaborator**

**Our T-2-4 goal defines what our graduates will achieve - *they need more.***

Together, our community created a list of six **Core Characteristics** that students need to master by high school graduation to ensure future success. These characteristics inform the experiences our students have as they move through our system from Pre-k through Grade 12 on their way to T-2-4. They define **our aspiration for who we want our students to become.**

# AGENDA

- **Introductions**
- **Latest Trends “Hidden in Plain Sight”**
- **Warning Signs of Substance Use**
- **Co-Occurring Behaviors/Mental Health**
- **Prevention**
- **Having the Talk**
- **Question & Answer Session**

# Introductions

**January Davis**  
Spring Branch ISD  
Mental Health and Crisis  
Counselor

**Amy Hancock**  
Spring Branch ISD  
Substance Abuse  
Counselor





**Amy Hancock**

**Spring Branch ISD  
Substance Abuse  
Counselor**

**Latest Trends**



# Do You Know The Latest Trends?

- Pop Up Shops
- Telegram Messaging
- Wax Pens (Dabs)
- Nicotine Vaping
- Edibles/Gummies
- Zyn Pouches

# Hidden in Plain Sight

UNDO Flavored Tobacco | Hiding in Plain Sight (can you spot t... Share

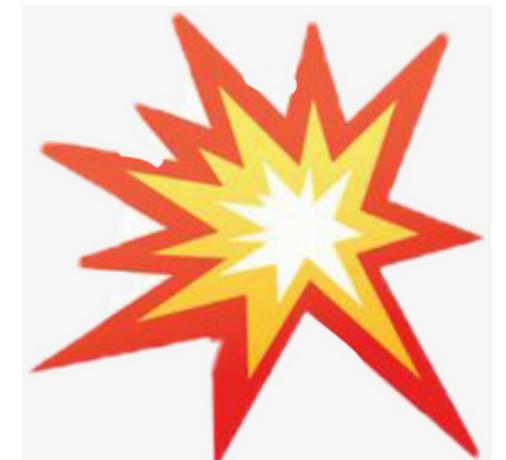
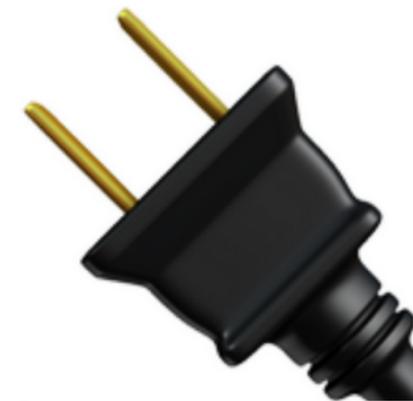
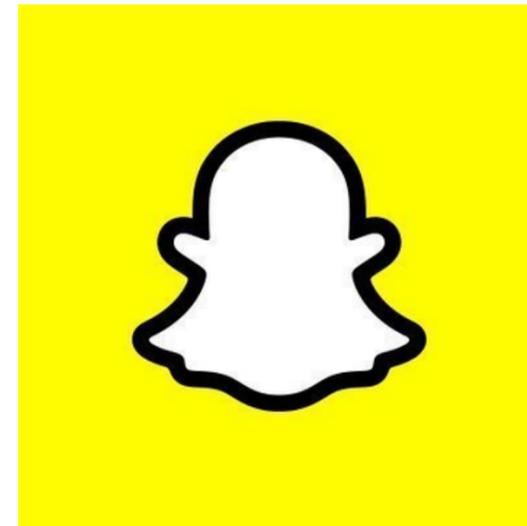
**HIDING IN  
PLAIN SIGHT**  
CAN YOU SPOT  
THIS TEEN'S VAPES

Watch on YouTube

FlavorsHookKids.org

The image shows a top-down view of a wooden desk cluttered with school supplies. A red play button is centered over the text. A yellow sticky note with the handwritten text 'Test Friday!!' is visible. A small, black, rectangular object, which is a vape, is hidden among the supplies.

# Emojis Teens Use to Text About Drugs



# Stages of Substance Use



Experiment - Prevention through Education  
Misuse - Education & Therapy  
Abuse - Outpatient and Peer Groups  
Dependence - Intensive Outpatient



# Do You Know The Warning Signs?

## Physical

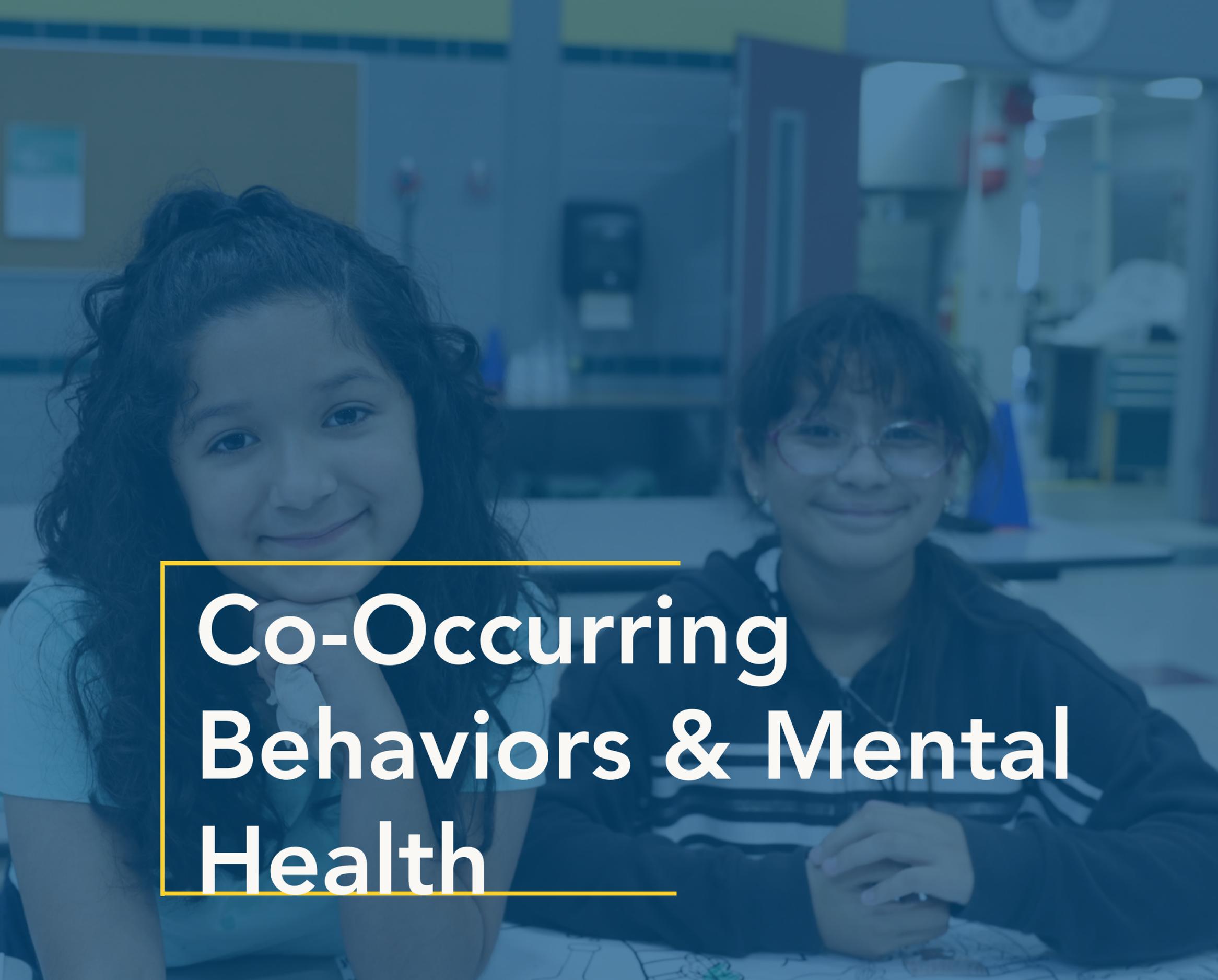
Dry and red eyes  
Neglecting one's appearance  
Loss of coordination

## Behavioral

Sleepiness  
Mild euphoria  
Hunger

## Psychological

Anxiety  
Paranoia  
Impaired perception



**January Davis**

**Spring Branch ISD  
Mental Health and  
Crisis Counselor**

# Co-Occurring Behaviors & Mental Health





# What is **Self-Awareness**?



# Self-Awareness



**Conscious knowledge of one's own character, feeling, motives, and desire**

# Substance Use on the Brain



- **Significantly affects brain development**
- **Can cause permanent damage to the brain and long lasting effects on wellbeing**
- **Substance use during adolescence may increase risk for developing a substance use disorder**

# Vaping: The Hit Your Brain Takes



# Co-Occurring Behaviors-Mental Health



## Coexistence of Both Mental Illness and Substance Use Disorder

# Top 5 Co-Occurring Behaviors-Mental Health



- 1 – Generalized Anxiety Disorder (GAD)
- 2 – Attention Deficit Hyperactivity Disorder (ADHD)
- 3 – Post Traumatic Stress Disorder (PTSD)
- 4 – Clinical Depression
- 5 – Bipolar Disorder

# Mental Health Resource Guide





# Prevention

**Amy Hancock**

**Spring Branch ISD  
Substance Abuse  
Counselor**



# Strategies for prevention:



- Know your child's friends.
- Be aware of your child's activities.
- Listen to them when they need to talk.
- Provide support.
- Establish rules and consequences.
- Set a good example.
- Know what is available to them.
- Know the legal policies/laws.



9 in 10 people who struggle with drug addiction started when they were teens



# Did you know?

Students who **wait** to use drugs or alcohol until age 21 are likely to **NEVER** have problems with addiction during their lifetime.



Students who have a genetic predisposition to addiction and wait to use until age 21, are **40% less likely** to have problems with addiction.

# Adolescents on average are more:



- Creative
- Willing to try new things
- Impulsive (likely to take risks)
- Emotionally volatile
- Vulnerable to peer pressure
- Aware of peers emotions/struggles
- Focus on short-term payoffs
- Underplay long-term consequences

**Why am I telling you this?**



# Vaping Tobacco and Marijuana





abc NEWS

Teen was in the fight for her life after vaping a cartridge ...

Share

abc NEWS

Watch on YouTube

This is a YouTube video player thumbnail. The background is a close-up of a young woman with long dark hair, looking directly at the camera with a serious expression. A large red play button is centered over her face. In the top left corner, there is a small circular logo with 'abc NEWS'. In the top right corner, there is a 'Share' button with a right-pointing arrow. In the bottom left corner, there is a black bar with the text 'Watch on YouTube' and the YouTube logo. The 'abc NEWS' logo is also prominently displayed in the lower-left quadrant of the image.



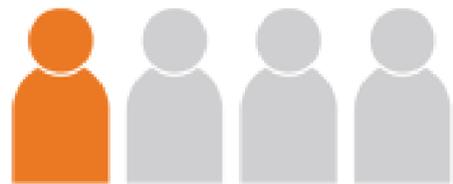
# Adolescents and Nicotine

**NYTS**  
2023

More than **2.1 million**  
youth currently use e-cigarettes,  
with a **decline** in high school students currently using e-cigarettes in 2022-2023

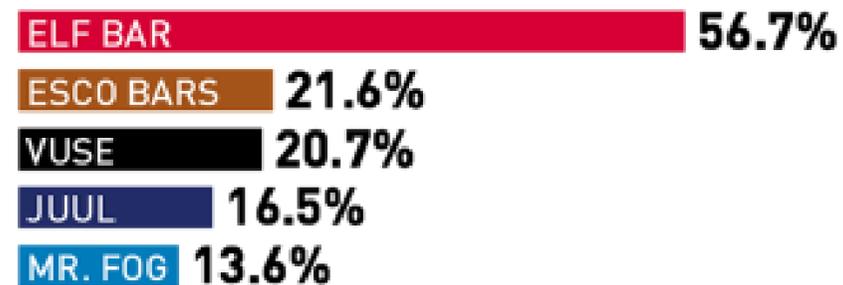
Among youth who reported current use of e-cigarettes:

More than **1 in 4**



use e-cigarettes daily

The most popular brands include disposable and cartridge-based products, and the most commonly reported products were:



Almost **9 out of 10**



use flavored e-cigarettes



# WHAT'S IN THAT E-CIG?



DIACETYL  
(BUTTER FLAVOR)



LEAD  
(CAR BATTERIES)



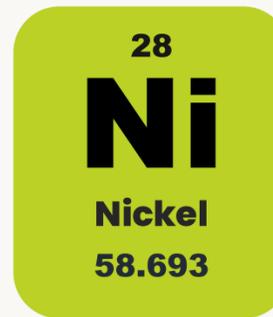
CADMIUM  
(BATTERIES)



TOLUENE  
(PAINT THINNER)



BENZENE  
(GASOLINE)



NICKEL  
(CHEAP JEWELRY)



NICOTINE  
(TOBACCO)



N-NITROSONORNICOTINE  
(PESTICIDES)



FORMALDEHYDE  
(DEAD TISSUE PRESERVATIVE)



# Adolescents and Marijuana

3 in 10 people who use cannabis have a Cannabis Use Disorder

## Cannabis Use Disorder\*

Risk of developing this disorder is highest during adolescence

\*When someone is unable to stop using cannabis, even if it causes them health or social problems.



# Why is Marijuana a Concern?

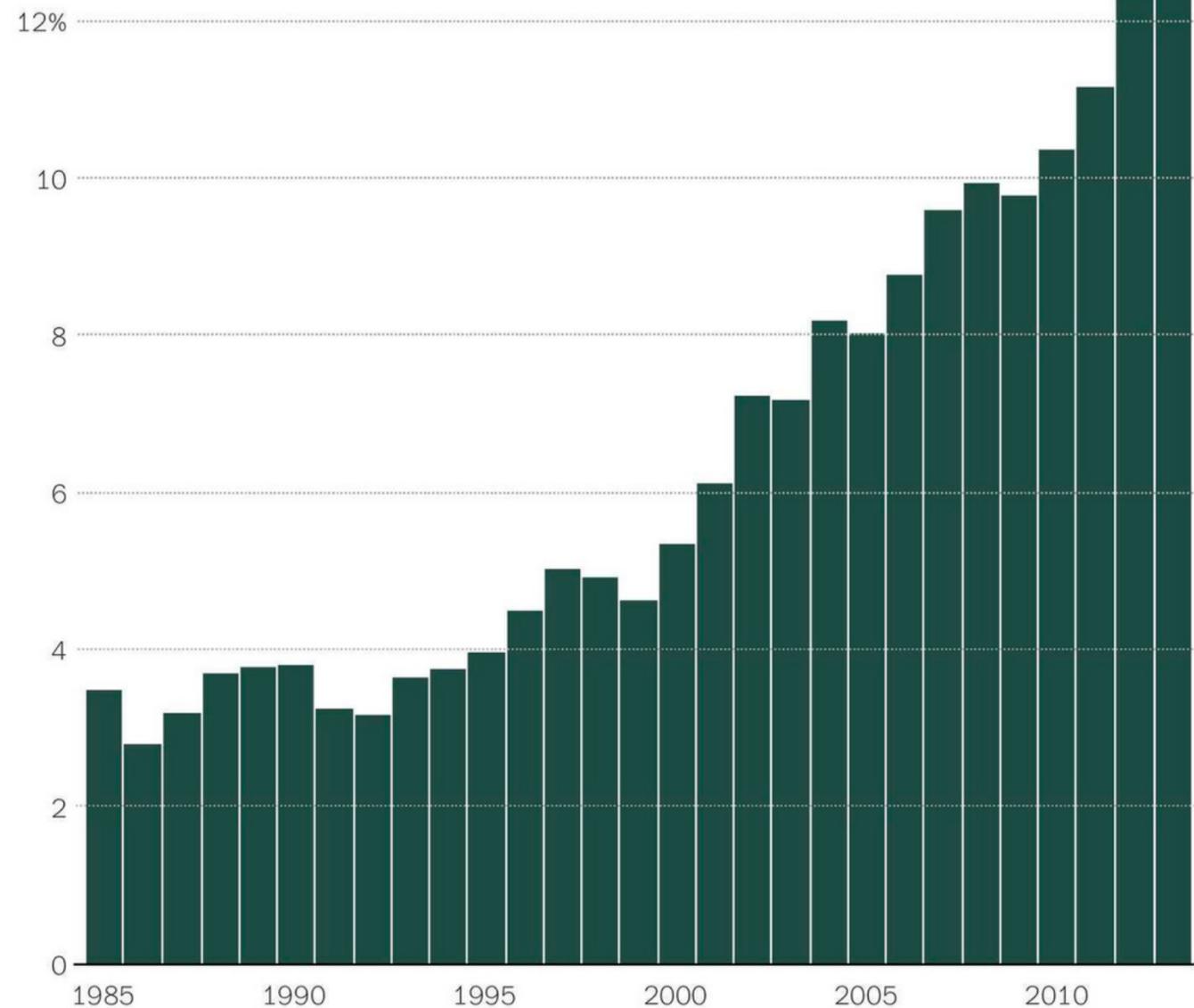
- Different methods of use
- Difficult to determine the amount of marijuana being consumed
- Marijuana negatively impacts brain development



80-90%  
THC

## Weed is getting stronger

Average THC percentage in federal seizures of imported marijuana, 1985 - 2013



# THE CANNABIS INDUSTRY SPENDS A LOT OF TIME AND MONEY MARKETING **ESPECIALLY** TO YOUTH



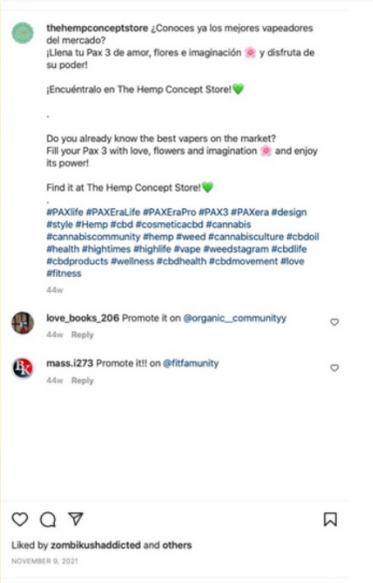
TV SERIES



BILLBOARDS



SOCIAL MEDIA







# Having The Talk



# Tips for Having the Talk



- Know facts
- Be patient and ready to listen, resist the urge to lecture.
- Be mindful of any family history of substance use disorders.
- If your child has used substances, try to explore the reasons.
- Know when (and how) to intervene.
- Make your values and your rules clear

# Start The Conversation



- Find the right moment.
- Ask your child's views.
- Discuss reasons not to use drugs.
- Consider media messages.
- Discuss ways to resist peer pressure.
- Be ready to discuss your own drug use.

# Answer Their Questions



- Why don't you want me to use....?
- What's the big deal about.....?
- I (or my friends) have tried \_\_\_\_\_ and it was no big deal.
- You used\_\_\_\_\_, so why shouldn't I?

# Keep The Conversation Going



- **Connect and encourage.**
- **Remind and repeat.**
- **Share facts and resources.**

# Questions & Answers

## Parental Open Discussion



# DISTRICT/COMMUNITY PARTNERS

- **January Davis**, Spring Branch ISD Mental Health & Crisis Counselor  
[January.Davis@Springbranchisd.com](mailto:January.Davis@Springbranchisd.com)
- **Amy Hancock**, Spring Branch ISD Substance Abuse Counselor  
[Amy.Hancock@Springbranchisd.com](mailto:Amy.Hancock@Springbranchisd.com)
- Choices: A program of The Council on Recovery
  - [www.councilonrecovery.org](http://www.councilonrecovery.org)

# References/**Resources**



- Having The Talk
- TIPS for Communicating
- Know The Risk
- Harvard Research
- The National Institute on Drug Abuse: <https://nida.nih.gov>
- Substance Abuse and Mental Health Services Administration: [www.samhsa.gov/](http://www.samhsa.gov/)
- Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)
- [www.getsmartaboutdrugs.gov](http://www.getsmartaboutdrugs.gov)
- [www.councilonrecovery.org](http://www.councilonrecovery.org)
- Mental Health Website
- Mayo Clinic Tween and Teen Health
- Stanford REACH Lab
- CDC: E-Cigarettes and Youth, What Parents Need to Know



# Spring Branch ISD

Inspiring minds. Shaping lives.

[www.springbranchisd.com](http://www.springbranchisd.com)