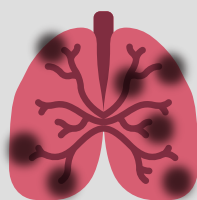
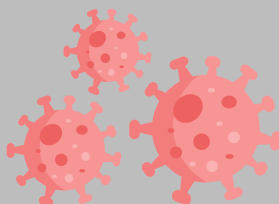




# Your Child + Smoking or Vaping = **Increased COVID-19 Risk**



Damages lungs<sup>1</sup>



Lowers ability of immune system to fight disease<sup>2</sup>



Among young people, those who vape are 5-7 times more likely to be infected  
Exposure to vaping may lead to more severe complications<sup>2</sup>

## Vaping, Mental Health, & Coping During COVID-19

Student anxiety and depression has increased in young people during school closures, and teens may be more driven to smoke or vape nicotine to decrease their anxiety or calm their mind. Not only does vaping and smoking increase risks for COVID, vaping has also been linked to depression<sup>3</sup>.

**If your child is vaping, it is important to get the help they need.**

### Information on Vaping

- [About vaping](#)
- The largest increase in vaping are seen in middle school students.
- [Vaping devices](#) come in all shapes, and can look like USB drives, pens, chap stick, even a smart watch. [Many look like everyday devices.](#)
- [Vaping is unsafe for young people.](#) The devices often contain nicotine, which is highly addictive and can harm brain development.

### Smoking/Vaping Cessation

- [SmokefreeTXT for Teens](#) offers text messaging and app support to help young people quit. Text 'QUIT' to 47848
- The [California Smoker's Helpline](#) offers a website, telephone helpline, and app created for teens to #quitvaping. Text 'Quit Vaping' to 66819
- [quitSTART App](#) helps to track quitting progress. Earn badges, get tips on managing tough days, and play games to distract yourself from cravings.
- [This Is Quitting App and Text](#) has activities to help you quit vaping or using other tobacco products. You can also speak with a counselor 24/7. Text 'DITCHJUUL' to 88709

### Mental Health Support

- [FCUSD Wellness Resources](#)

#### FCUSD Resources

##### Tobacco

- FCUSD offers prevention, intervention, and cessation programs for students. For more information, contact: [FCUSD Health & Program Services](#) | (916) 294-9013 or [LRathbun@fcusd.org](mailto:LRathbun@fcusd.org)

##### Social & Emotional Learning

- [FCUSD General Wellness Resources](#) offers information on mindfulness practices, and mental health related to COVID, stress, and anxiety.



## Preventing Vaping & Other Substance Misuse

Prevention science tells us that there are **protective factors** to help a child cope successfully with life challenges and existing risk factors. Strengthening these protective factors can help prevent a child from using vape, tobacco, and other substances.

| Key Protective Factors                                                                                                                                                                                                                           | Strengthening these Protective Factors                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Family Connections</b><br>Families that offer high levels of love and support                                                                                | Try to make your child feel loved and cared for, be present when your child is at home, do activities and have conversations together. Listening to your child with your eyes, ears and heart conveys that you care and can show up for both the easy and tough conversations. For resources on talking with your children about alcohol & other drugs, visit: <a href="#">Talk, They Hear You</a> and <a href="#">Parenting Practices Help Reduce the Chances Your Child will Develop a Drug or Alcohol Problem</a> |
|  <b>School Connections</b><br>Caring and encouraging relationships with teachers, adults, and peers at school                                                    | Encourage your child to talk with teachers and school staff. By talking with teachers, children will develop relationships with caring adults.                                                                                                                                                                                                                                                                                                                                                                       |
|  <b>Positive Connections to Other Adults</b><br>Other family or nonfamily adults that model positive, responsible, healthy behavior                            | Encourage your child to join clubs, sports, programs, either through school, community or faith-based organizations. Even if the involvement is virtual, it gives them the opportunity to interact with other engaged young people and caring adults. Trying new activities allows your child to discover interests, develop life skills and meet new friends.                                                                                                                                                       |
|  <b>Engagement in Meaningful Activities</b><br>Having young people volunteer and help others in community or peer-based programs, or service-learning projects | Find something that your child is interested in and let them pursue it so they can feel their life has purpose.                                                                                                                                                                                                                                                                                                                                                                                                      |

### What are Some Ways to Prevent Vaping?

- Talk with your child about vaping. The earlier and more often you speak with child about e-cigarettes and vaping, the more likely they are to listen. Ask open-ended questions to discover what your child knows, and their perceptions related to vaping/tobacco use. Visit the [Flavor Hook Kids Guide](#)
- Familiarize yourself with trends in vaping, risks, products, etc. so you are informed.
- Avoid “shaming” smokers or tobacco users; the goal is to listen, talk, and educate. Let them know you care.
- Talk with your child in advance about ways to navigate peer pressure (be it vaping, cheating, staying out beyond curfew, etc). Thinking ahead, talking about different realistic situations and rehearsing different realistic responses will help your child – these are called refusal skills. For more information visit [Ways to Say "NO!"](#) or [Refusal Skills](#).

<sup>1</sup>Stanford Medicine (2020). *Stanford Medicine Tobacco Prevention Toolkit*. <http://med.stanford.edu/tobaccopreventiontoolkit.html>

<sup>2</sup>Digitale, E. (11 August 2020). *Vaping linked to COVID-19 risk in teens and young adults*. Stanford Medicine Newsletter. <https://med.stanford.edu/news/all-news/2020/08/vaping-linked-to-covid-19-risk-in-teens-and-young-adults.html>

<sup>3</sup>American Brain Society, <https://americanbrainsociety.org/vaping-and-depression-go-hand-in-hand/>