

## VAPE EDUCATION PROGRAM

Dear Parent/Guardian,

Recent data and headlines reveal that vaping, dabbing and e-cigarettes can create great harm to one's health. These devices are easily disguised or confused with other common objects and are not just associated with nicotine. There are vaping devices designed specifically for vaping marijuana and regular e-cigarettes can also be modified for this purpose. Users mistakenly believe they are sidestepping some of the health risks related to inhaling marijuana smoke. They don't realize that, once inhaled, vapor turns to liquid and settles into the lungs. This can lead to pneumonia and lung infection.

Then there is alcohol vaping—a recent and very dangerous phenomenon. Teens may convert liquid or powdered alcohol into an inhalable vapor that reaches the bloodstream and brain almost immediately. A single inhalation can equal seven or more shots of hard liquor. In the event of alcohol poisoning, there is no way for emergency teams to quickly reduce the toxin overload, because there's no fluid in the stomach to pump out. This can quickly become fatal for the user.

**"Vaping: More Dangerous than You Think"** is a timely, factual video designed to help educators open a dialogue with students about the very real dangers of vaping. This program may be presented to students in grades 9-12. This education will provide students with information they need to stay safe and healthy.

The goals of the program are as follows:

- To educate students about the dangers of vaping and e-cigarettes
- To educate students about the harmful and potentially fatal effects of vaping alcohol, nicotine, and marijuana
- To promote healthy practices and behaviors that will maintain or improve the health of students and their peers
- To help students demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.

I give permission for my student to participate in the VAPE Education Program.