AMCMS

COUNSELING CONNECTION

NOVEMBER

Red Ribbon Week Continued at Home

Throughout the week of October 23-27, students learned about how using nicotine (found in tobacco products like e-cigarettes, cigarettes, and others) is harmful to the developing adolescent brain. Read the story of Brianna with your teen and discuss the questions below.

Tips for discussion:
Know the facts. Be patient and ready to listen. Start the conversation. Answer their questions. Keep the conversation going.

Brianna is in 8th grade and has two younger siblings that really look up to her. She wants to write graphic novels when she grows up. Her best friend since 4th grade is Lydia. Brianna has figured out what things she likes and what things she doesn't like. She loves to read books, play soccer, and is the only animal lover in her family. Last weekend, her best friend Lydia offered her a hit of her vape at the park. Brianna asked, "What's in it?" Lydia responded, "Not sure. It'll help calm you down though,"

Discussion Questions

What are some of the harmful things that could happen to Brianna if she decides to try the vape at the park?

What are some long-term problems that could happen to Brianna?

If Brianna decides that she doesn't want to vape, what should she say to her friend Lydia?

There are healthy ways to feel good and/or calm down without needing to use a vape. What are your healthy ways to cope?

Resources:
https://med.stanford.edu/tobaccoprevention toolkit/you-and-me-together-vape-free-curriculum.html

https://www.cdc.gov/tobacco/basic_information/index.htm

https://teen.smokefree.gov/quit-vaping

https://digitalmedia.hhs.gov/tobacco/educator_hub?locale=en

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