

# Healthy Minds, Healthy Families

## Empowering Families for Scholar Success

How can I help my child...

Maintain physical activity?

Avoid vaping and other substances?

Deal with stress and anxiety?

Manage social media and screen time?

Make good food choices?



Thursday, December 12 | 6-7:30 pm



**FEDERAL WAY**  
PUBLIC SCHOOLS





# TEENS AND VAPING

# Welcome!

## Introductions

Quick Icebreaker – Choose one.

- What is something you are hoping to learn today?
- What is one wish you have for your child or teen in regard to tobacco and vaping?



## VAPING IS THE NEW YOUTH TOBACCO EPIDEMIC

**MORE THAN 2 MILLION TEENS  
ARE VAPING**

**1-IN-4 TEENS WHO VAPE DO SO  
EVERY DAY**

**89% OF TEENS WHO VAPE USE  
FLAVORED PRODUCTS**

**MORE THAN HALF OF TEENS  
WHO VAPE USE DISPOSABLES**



# How strong is nicotine addiction to kids?

TODAY  
1 IN 10 TEENS VAPE



## Many kids want to quit nicotine for good

- Studies show that **nearly half of youth who vape** and **nearly 40% of those who smoke cigarettes** are **seriously thinking about quitting.**
- **We have a tremendous opportunity to help support kids who want to quit vaping.**



# As vaping has evolved, more kids are picking up the habit.



Disposable  
e-cigarette

“Cigalike”



E-pipe



E-cigar



Large-size  
tank devices

“Box Mods”

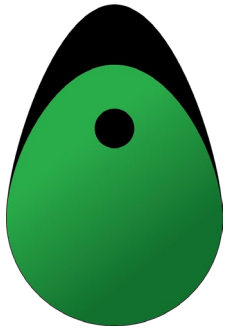


“Vape Pen”



Disposable and rechargeable e-  
cigarettes

“Vape Pods”



**First Generation**

**Second Generation**

**Current Generation**

# E-CIGARETTE HEALTH EFFECTS

Short term health effects include:

- Acute lung symptoms
- Mouth and throat irritation
- Nausea
- Headache
- Dry cough

Long-term health effects are unknown.

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Studies have linked vaping with a high risk for respiratory diseases and e-cigarette or vaping product use-associated injury, which hospitalized 2,800 e-cig users in 2020 alone.



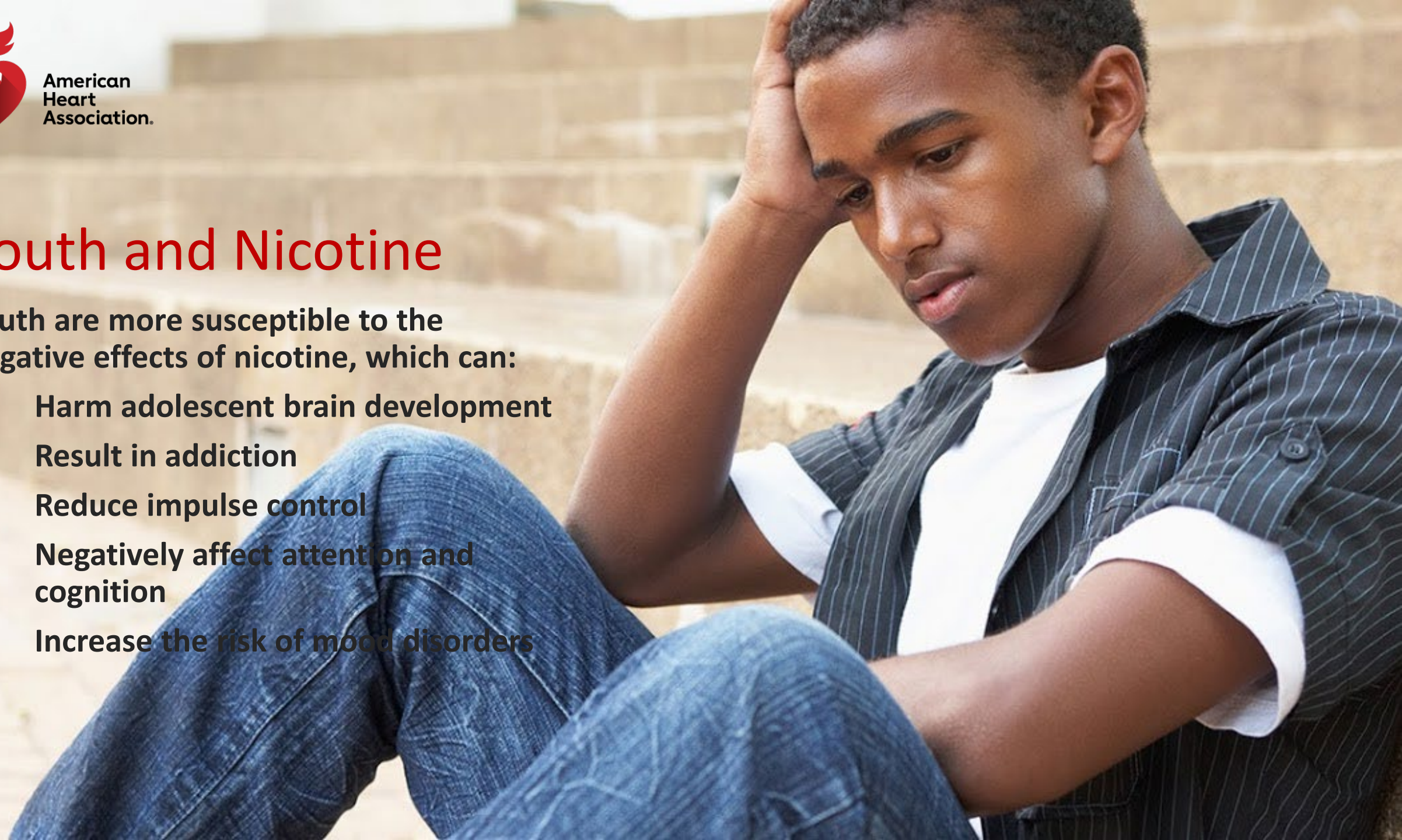


American  
Heart  
Association.

## Youth and Nicotine

Youth are more susceptible to the negative effects of nicotine, which can:

- Harm adolescent brain development
- Result in addiction
- Reduce impulse control
- Negatively affect attention and cognition
- Increase the risk of mood disorders







**FACT:**

An e-cigarette refill pod has the same amount of nicotine as at least **20 regular cigarettes (1 pack)**.

## Disposable e-cigarettes

- Between 2019-23, disposable e-cigarette use has skyrocketed!
- Disposable e-cigarettes can be sold in fruity, sweet and minty flavors that appeal to students. Disposable products like Elf Bar and Esco Bars are replacing JUUL as the preferred product among youth.

1,000%

increase among high school students

500%

increase among middle school students

## FDA moves to stop vape shops from selling Elf Bar, Esco Bars



By [Nicholas Florko](#) June 22, 2023

STAT



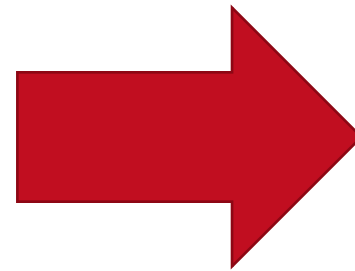
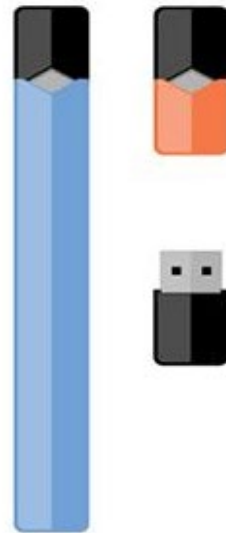
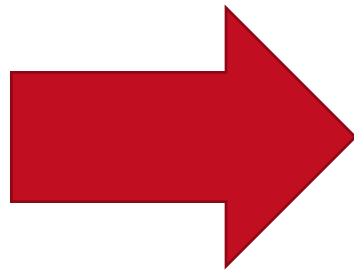


## FLAVORS TARGET KIDS

- Flavored tobacco products are **illegal** but continue sold in many stores
- More work needs to be done to ensure these laws enforced



# THE FIGHT AGAINST BIG TOBACCO IS CONSTANTLY CHANGING



## Cigarettes & Tobacco Products

We advocated for laws to curb use among teens and kids. As a result, usage rates dropped for decades.

## E-cigarettes (JUUL)

We advocated for laws that ban flavors targeting kids. Today, e-cigarette companies like JUUL can no longer make many flavors.

## Disposable e-cigarettes (Just Puff Bars)

The new product on the market is disposable e-cigarettes, which is not covered by the current laws. They are able to sell flavors that are appealing to kids.

# TOBACCO FREE SCHOOLS: A HOLISTIC APPROACH

Supporting schools' unique position fighting the vaping epidemic:

- **Education:** educate all students on tobacco products
- **Policy and Environment:** ensure and enforce a 100% tobacco-free environment
- **Supportive Approach:** offer a supportive approach for students who are caught vaping or using other forms of tobacco (supportive disciplinary practices and cessation resources)
  - Focus is on recovery from, and reduction of, nicotine addiction.





## Family Strategies to Support Youth:

Talk with your teen about the dangers of nicotine use and strategies for avoiding it. (More on this next!)

Set the example by being – or becoming – nicotine-free.

- Call 1-800-QUIT-NOW for resources to quit.

If they are already vaping, talk with them about quitting.

- Most youth who use tobacco products want to or have tried to quit. You can help them succeed.
- Reach out to school staff for more resources to support your student.





## Strategies for calm conversations about tobacco use and e-cigarettes:

**H**ear your child and let them lead the conversation.

**O**pen dialogue and open-ended questions are key.

**N**ever dismiss your child's feelings, focus on empathy.

**E**nsure you regulate your own emotions.

**S**hare reasons not to use tobacco/nicotine products.

**T**rust and respect their perspective.





# LET'S PRACTICE!

## Break the ice:

- What is something you learned today that you could use to start a conversation with your child?

## Get more than a yes or no answer:

- What is an **open-ended question** you could ask your child to learn what they think or feel about the issue?

## What is your wish for your child?

- When it comes to tobacco and nicotine, what do you want for them



# Support from the American Heart Association



Students can text  
**HEART** to **88709** to  
receive support  
through the Truth  
Initiative's This is  
Quitting program.



The AHA offers a wide range of grade specific educational resources, fact sheets, student activities and resources to assist staff in helping students develop quit plans.

# Feedback Survey

**Please help us improve by sharing your feedback about today's event through a 3-minute survey:**

*Encuesta posterior al evento: !Ayúdenos a mejorar!*

*Sau buổi sự kiện: Hãy giúp chúng tôi cải thiện!*

Опрос мнения по окончании мероприятия:  
Помогите нам учесть недочёты!

پست-نظرسنجی : رویداد به ما کمک می کند  
بهبود یابیم!



**Scan the QR code or, Visit:**  
[www.fwps.org/FamilyAcademySurvey](http://www.fwps.org/FamilyAcademySurvey)

## Breakout 2 Workshops:

6:55-7:30 pm

Window to Wellness: Growing Fresh Food at Home for Healthier Families

Room 107

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Empower and Elevate: Supporting Mental Health for Scholars  
with Disabilities Room 109

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Click Safe, Act Brave: Navigating Digital Safety and Anti-Bullying

Room 111

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Heart to Heart: Nurturing Mental Health for Scholars

Room 110



**THANK YOU!**