



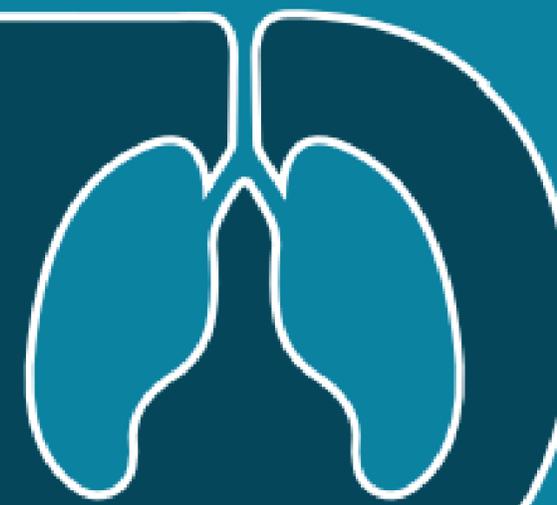
**Governor Mifflin
School District**

DANGERS OF VAPING

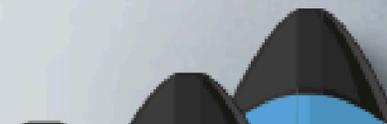
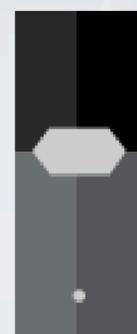
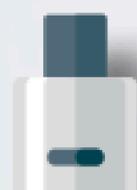
MUSTANG SAFETY SERIES



E-CIGARETTE, OR VAPING, PRODUCTS VISUAL DICTIONARY



CDC Presentation



NYTS

2023

10% of students

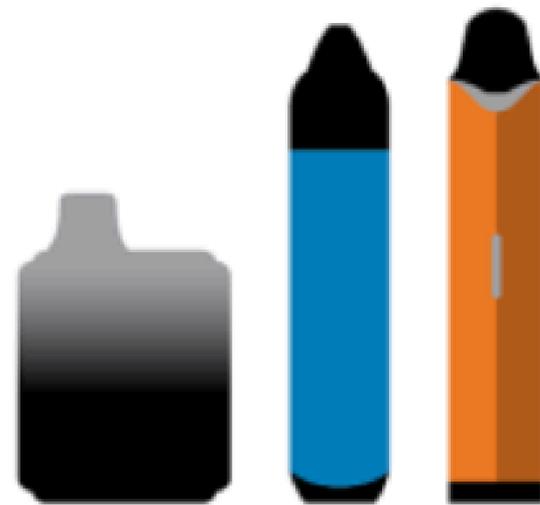
reported current use of any tobacco product

Among those who currently use a tobacco product:

E-Cigarettes

were the most popular
product for the

10th year in a row



**Cigarette
and Cigar**

use remain at an all-time low

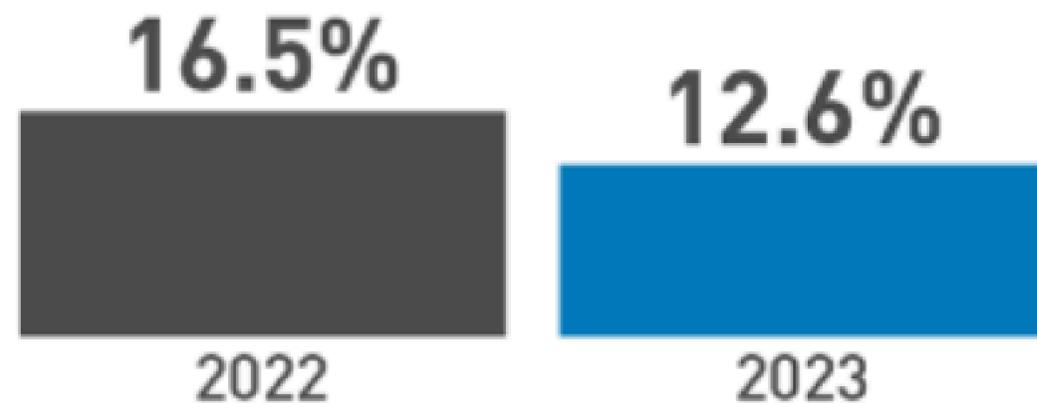


2023 Findings on Youth Tobacco Use

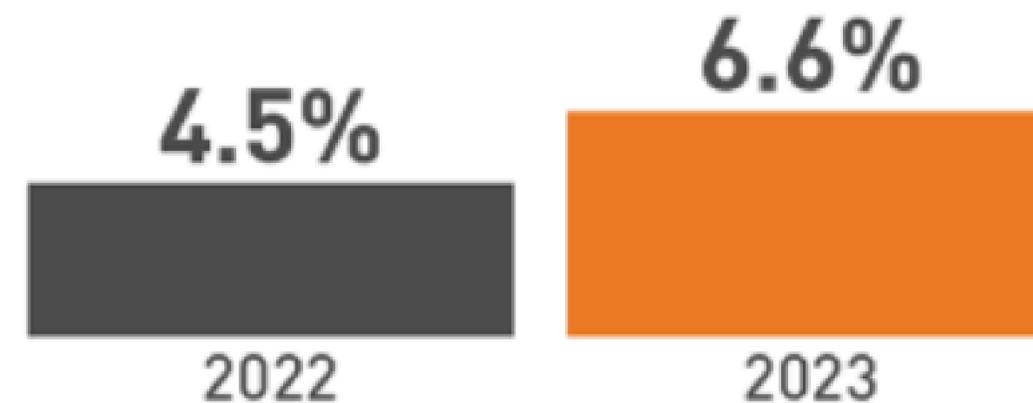
NYTS
2023

About **2.8 million**
youth currently use any tobacco product

Any tobacco use **decreased** among
high school students



Any tobacco use **increased** among
middle school students



Driven by a **drop**
in high school e-cigarette use

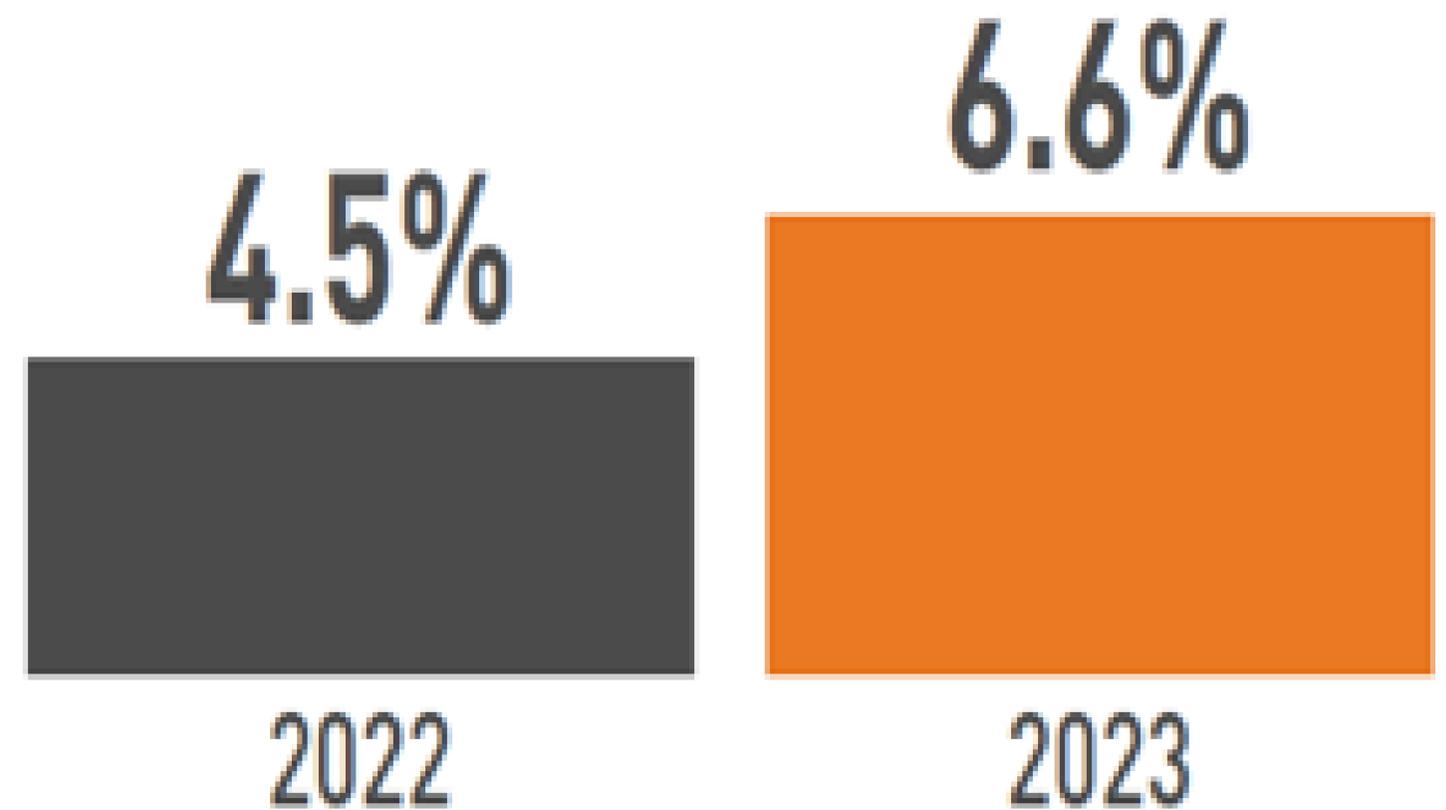


Source: [fda.gov](https://www.fda.gov)

E-Cigarettes were the most popular tobacco product for the 10th year in a row



Current tobacco use **increased** among middle school students

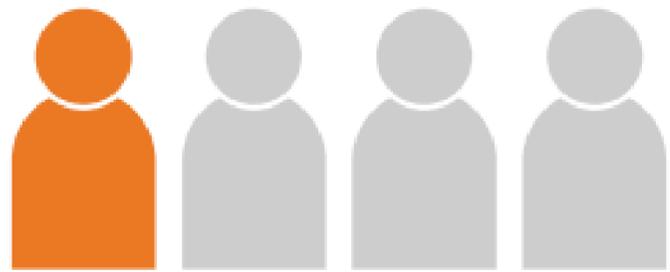


Source: [fda.gov](https://www.fda.gov)

More than **2.1 million youth** currently used e-cigarettes

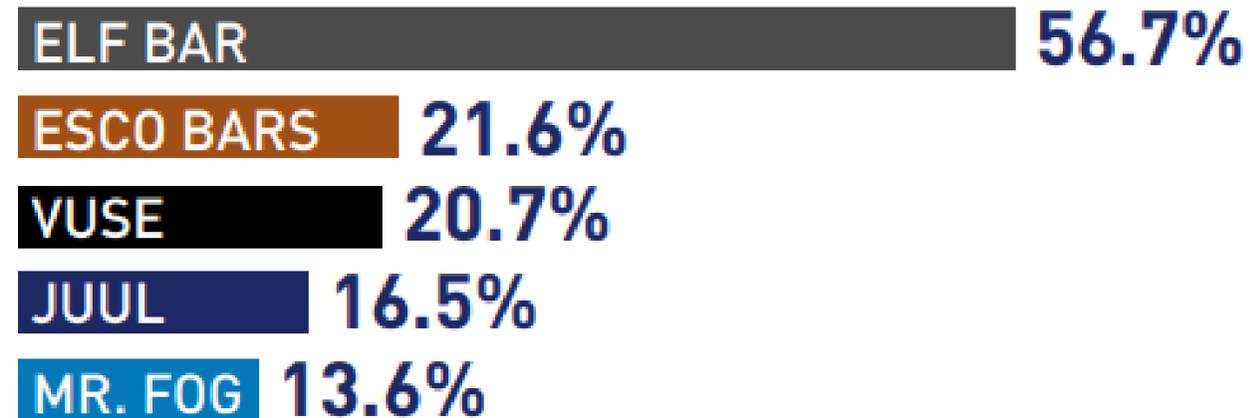
Among youth who reported current use of e-cigarettes:

More than **1 in 4**



used e-cigarettes daily

The most commonly reported brands were:



Almost **9 out of 10**



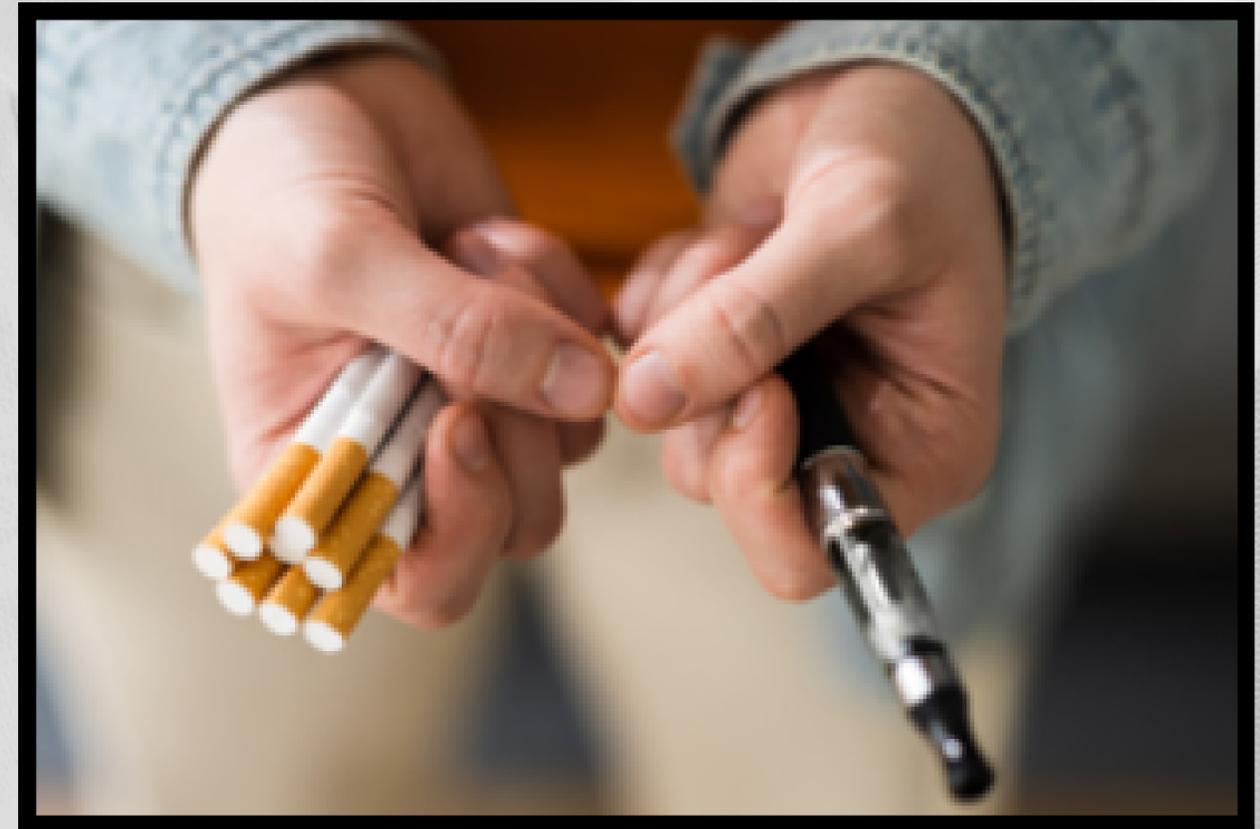
used flavored e-cigarettes

Teens are more susceptible to nicotine than adults because their brains are still developing.



Source: digitalmedia.hhs.gov

Despite what kids think, vaping is not safe. In fact, **some vapes contain as much nicotine as a whole pack of cigarettes.**



Source: digitalmedia.hhs.gov

Teens who vape are more likely to start smoking cigarettes.



Source: digitalmedia.hhs.gov

Some e-cigarette aerosols contain chemicals such as **FORMALDEHYDE**, as well as the drug **NICOTINE**, which can harm your brain and cause addiction.



Signs A Teen May Be Vaping

1. Social Media Content About Vaping.
2. Increased Thirst (Vaping dries out mouth, throat and nose).
3. More Frequent Nosebleeds.
4. Increased Irritability, Especially During Brakes From School.
5. Night-time Cough that Doesn't Go Away.
6. Blisters on Fingers and/or Mouth.
7. Strange USB or Electronic Parts in Pockets, Trash, Backpacks.
8. Unusual Fatigue (Nicotine disrupts sleep activity).
9. Bad Breath and/or Stained Teeth.
10. Friends (or Family) Who Vape.

E-cigarette aerosol can contain substances that can be harmful or potentially harmful to the body. These include:

- Nicotine, a highly addictive chemical that can harm adolescent brain development
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead
- Tiny particles that can be inhaled deep into the lungs
- Volatile organic compounds
- Flavorings such as diacetyl, a chemical linked to a serious lung disease. Some flavorings used in e-cigarettes may be safe to eat but not to inhale because the lungs process substances differently than the gut.

Governor Mifflin School District

- Provides education on the dangers of vaping in health classes.
- Reviews tobacco/vaping policies and disciplinary matrix to deter the use of vaping.
- Refer students to Student Assistance Program (SAP) through Caron Foundation and Coca.
- Promote anti-vaping and hotline through posters and literature.
- Monitor vaping through environmental sensors in high school lavatories.
- Actively investigate the source of vaping products in school buildings.

IN THE PICTURES BELOW, CAN YOU IMMEDIATELY TELL WHICH PRODUCT IS THE E-CIGARETTE?



E-Cigarette



Smartwatch



E-Cigarette



Gaming Device

Some kids are buying e-cigarettes online and having them delivered without their parent's knowledge or consent. FDA has taken action to remove these products from the marketplace but know that some e-cigarette products can hide in plain sight.



Awareness Posted Throughout Governor Mifflin School District

Asking for help can be scary ... so we made it easy!

ruOK?
BERKS



Feeling hopeless or depressed?

Text ruOK to 484-816-ruOK (7865)
Secure, anonymous communication

SAM
Service Access and Management, Inc.
www.txtaboutit.net/sam



Helping People Improve Their Lives – Every Day

BE CLEVER NEVER

CAUTION

e-cigarettes contain nicotine, which is highly addictive and can harm developing adolescent brains. (CDC.gov)



Council on Chemical Abuse
GO TO ADDICTION RESOURCES

LEAP
LEAPING FORWARD
PROTECTING FUTURES
A TEEN PREVENTION COALITION OF THE Council on Chemical Abuse

Pennsylvania Taxpayer dollars

Help your students understand the health risks of vaping.

health.pa.gov/vaping



PA 

Paid for with Pennsylvania taxpayer dollars.



1-800-662-HELP



SUPPORT



TREATMENT



RECOVERY

PA Department of Drug and Alcohol Programs
(ddap.pa.gov)

