

CRLS School Council Meeting
10/30/2018

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Teens are especially harmed by nicotine

- Impacts brain.
- Effects of youth nicotine:
 - o Lower impulse control
 - o Depression or mood disorders

Tabacco Industry Tactics

- Sweet, cheap and easy to get
- Unregulated. Lies about what is in it. Some say “no nicotine,” but really contain it.

Types

Chew and Dip
Electronic cigarettes (e-cigs, vape pens, e-hookahs)
Cigars
Disposable E-cigarettes
Vape Pens
Tank systems (create cloud of smoke)
Rechargeable cigarettes

JUUL

Most popular (aerosol). Extra chemicals: heavy metals, cancer causing chemicals, chemical that is used in popcorn (scars the lungs), nicotine.

E-Liquids

Getting Them

97 Municipalities in MA have passed policies that restrict the sale to adult-only establishments.

Good messages:

Talk with kids, not at them
Point out that cigarette companies are playing them
Higher prices keep people from buying
Listen to your kids

www.the84.org

A group that fights against smoking

CRLS has added e-cigarettes to its no-smoking policy

School Programs

Schools can implement CATCH My Breath program

Smoke Free Teen.org

Make Smoking History.org

Getoutraged.org

Attendees

Jesse Nahan

Teresa Walker

Hersh Jumer

Elisabeth Kanrer

Alice Bredin

Jodie Siegel

Kim Kaufman

Margo Brathwaite

Monica Ele

Clifford Andersen