



Charles County

Public Schools

Working together to achieve excellence for every student.

Vaping

Presenters:

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Town Hall

What is Vaping?



Vaping is the act of inhaling and exhaling aerosol, often called vapor, produced by an electronic cigarette or similar device.

Devices are battery-operated that typically include e-cigarettes, vape pens, mods, and disposable vapes.

Devices heat a liquid and produce an aerosol

They come in many shapes and sizes, and typically contain nicotine, flavorings, and other chemicals.

Some devices are used to deliver cannabis and other drugs

National & CCPS Statistics

Among students who currently used e-cigarettes:

- 56% use disposable devices
- 16% use pods or cartridges
- 7% use tanks or mod systems

Most students who vape want to quit and have tried to quit.

- In 2020, 64% wanted to quit
- 67% tried to quit in past last year

Charles County HS Students	2022	Trend
Ever used an electronic vapor product	24.3%	↓
Male	20.7%	↓
Female	28.3%	↓
Ever used an electronic vapor product to smoke marijuana or THC	12.6%	↑
Male	11.3%	→
Female	14.1%	↑

Dangers of Vaping

No vaping device is safe.

Most vaping devices contain highly addictive substances, such as nicotine or THC, that pose serious health risks for youth.

Vaping aerosol is not harmless water vapor. It can contain harmful chemicals, including cancer-causing particles that can be inhaled deep into the lungs.

Vaping liquids can be poisonous. Children and adults can be harmed by swallowing, breathing, or absorbing vaping liquid through the skin or eyes.



Risks for Youth

Nicotine and THC pose unique risks for youth because the brain continues developing into the mid-20s.

Nicotine addiction can develop quickly, sometimes before regular or daily use.

Nicotine can disrupt brain development, affecting attention, learning, mood, and impulse control.

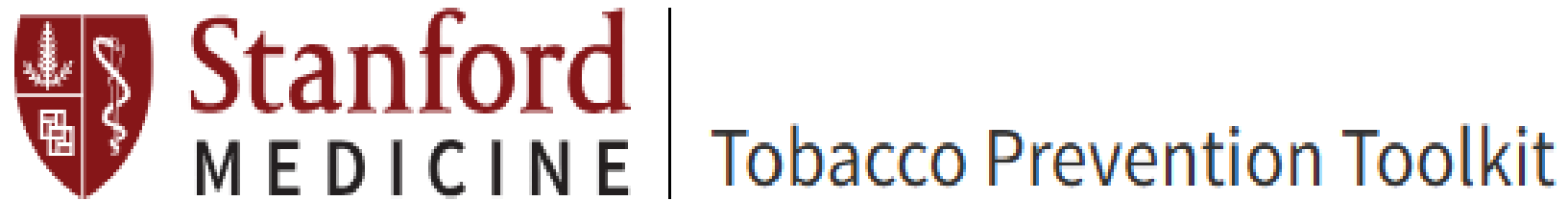
THC can affect attention, memory, and learning, especially during adolescence.

Vaping nicotine or THC can deliver higher concentrations more quickly, increasing potential risk.

Early use of nicotine or THC may increase the likelihood of continued substance use over time.



Resources

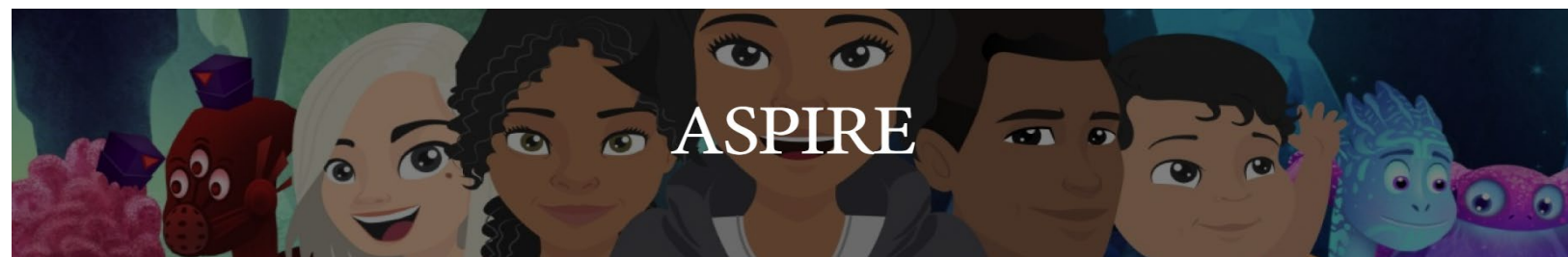


The **Stanford Toolkit** offers visual PowerPoint presentations and handouts for use by teachers. For instance, there are printable handouts showing the progression of the e-cigarette as a single-unit device to the pod-based USB-type items students are using today. There is also a page showing the various components that make up a vape, as well as the Risks of E-Cigarette and Vape Pens. <https://med.Stanford.edu/tobaccopreventiontoolkit.html>



To access the new e-cigarette quit program, **TEXT to QUIT**, users can text "**DITCHVAPE**" to **88709**.

Users can also enroll in This is Quitting or BecomeAnEX®, free digital quit programs from Truth Initiative that integrate the text program. <https://truthinitiative.org/>



ASPIRE is a bilingual, online tool that helps middle and high school teens learn about being tobacco free. It explains the dangers of tobacco and nicotine use, so they never start smoking. Students can get certificates for completion. Administrators can watch progress online.

<https://www.mdanderson.org/about-md-anderson/community-services/aspire.html>



The Campaign for Tobacco-Free Kids is the leading advocacy organization working to reduce tobacco use and its deadly consequences in the United States and around the world. Through strategic communications and policy advocacy campaigns, we promote the adoption of proven solutions that are most effective at reducing tobacco use and save the most lives.

<https://www.tobaccofreekids.org>

Resources

THE VAPE EXPERIMENT

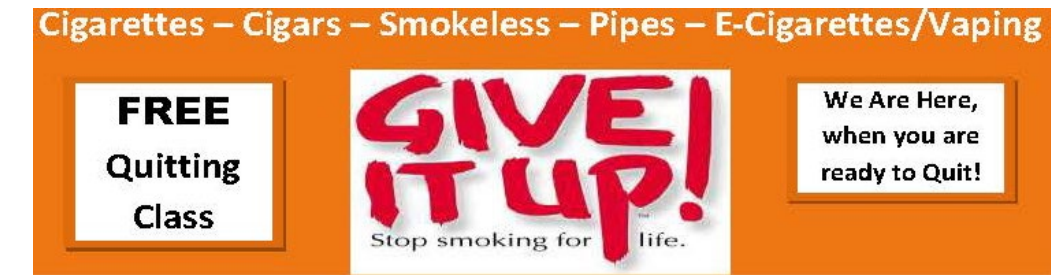
Live Vape Free Program

(Teen Vaping Cessation)

Maryland Department of Health

Text VAPEFREE to 873-373

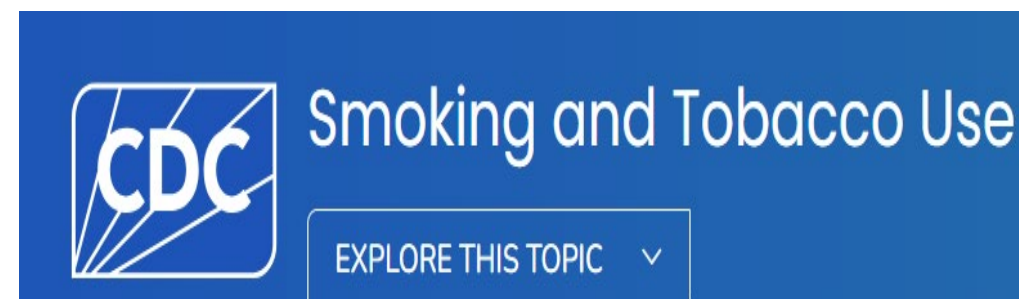
<https://smokingstopshere.com/quitline-programs/teen-and-young-adult-program/>



Adult FREE Quit Smoking Program (age 18 +)

8-week program with
Chantix or Nicotine Replacement Patches
Charles County Dept of Health
(301) 609 – 6932

<https://charlescountyhealth.org/smoking-cessation/>



Center for Disease Control

<https://www.cdc.gov/tobacco/e-cigarettes/>



CCPS Health Education

Lower Elementary (Grade 2)	Identify unsafe substances and basic safety rules, including saying “no” to nicotine and vaping devices.
Upper Elementary (Grades 3-5)	Explain vaping risks related to nicotine, marijuana, and other drugs and practice refusal skills.
Middle School (Grades 6-8)	Analyze vaping as substance use, evaluate risks, and apply decision-making, refusal, and introductory advocacy skills.
High School (Grades 9 & 11)	Evaluate long-term impacts of vaping across substances and apply prevention and advocacy strategies.

CCPS Data Collection/Interventions

Youth Risk Behavior Survey (YRBS)

- Conducted statewide every two years

Youth Mental Health First Aid (Grade 9)

BASE Education lessons

First time Offender's Class

Partnership with Charles County Sheriff's Office

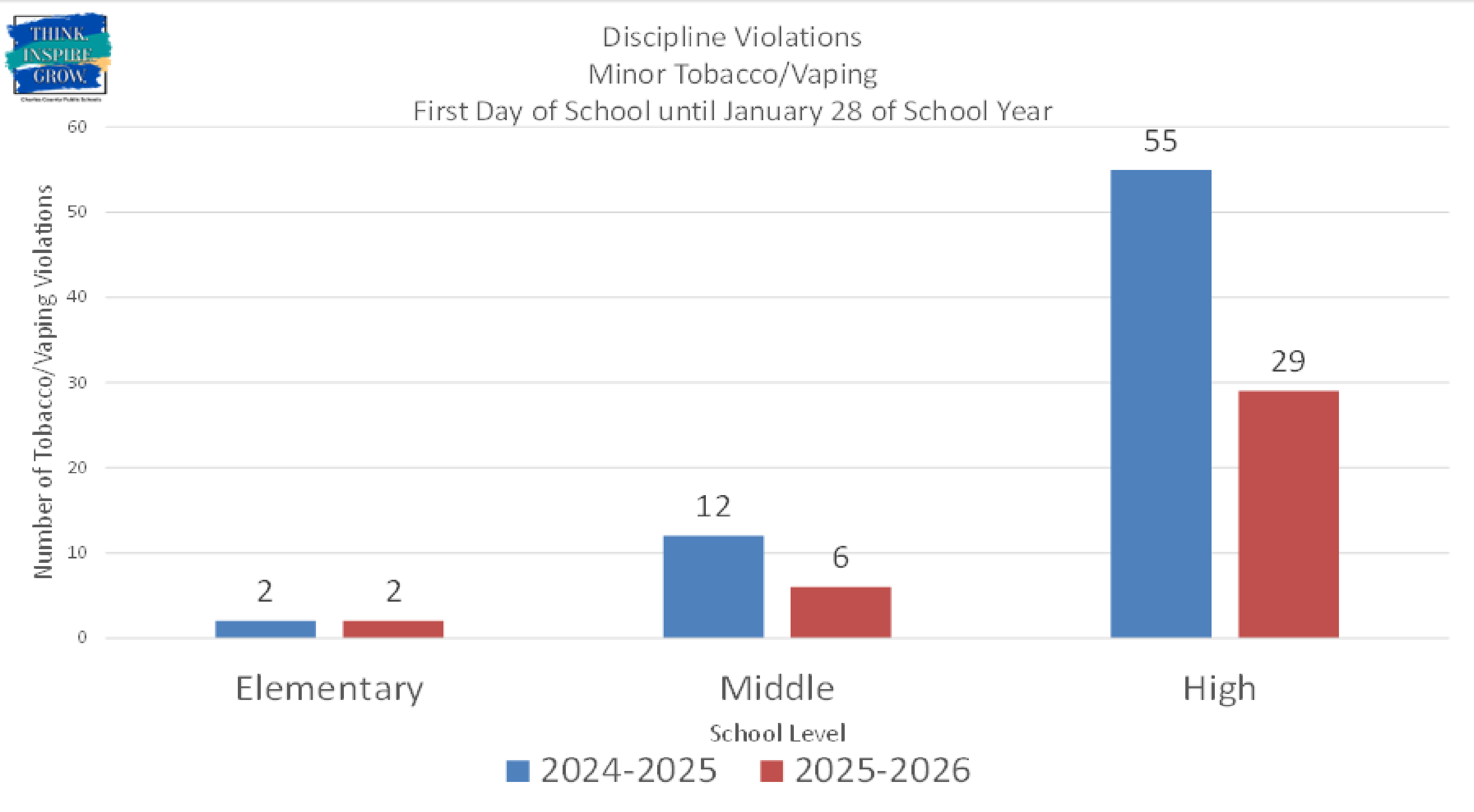
- Truth and Consequences
- DARE program

Code of Student Conduct



<p>Key</p> <p>The lowest level of intervention should be used first when appropriate; higher levels of responses should be considered for repeated or more serious offenses</p>	<p>Level 1</p> <p><i>Classroom, Support and Teacher-led Responses</i></p>	<p>Level 2</p> <p><i>Classroom, Support and Corrective Responses</i></p>	<p>Level 3</p> <p><i>Support, Short-term Removal and Administrative Responses</i></p>	<p>Level 4</p> <p><i>Support and Out of School Removal Responses</i></p>	<p>Level 5</p> <p><i>Support, Extended Out of School Removal and Referral Responses</i></p>
<p>Tobacco</p> <p>School should consider referring student to appropriate tobacco education program.</p>	<p>Using/possessing/distributing tobacco/vape/e-cigarettes/tobacco paraphernalia (including matches and lighters), or look-alikes of these items.</p>				

Discipline Violations



Code of Student Conduct



Charles County Public Schools

Key The lowest level of intervention should be used first when appropriate; higher levels of responses should be considered for repeated or more serious offenses	Level 1 <i>Classroom, Support and Teacher-led Responses</i>	Level 2 <i>Classroom, Support and Corrective Responses</i>	Level 3 <i>Support, Short-term Removal and Administrative Responses</i>	Level 4 <i>Support and Out of School Removal Responses</i>	Level 5 <i>Support, Extended Out of School Removal and Referral Responses</i>
Drugs/ Controlled Substances School should refer student to local health department or community group for prevention and treatment and may contact law enforcement to report any crime that may have occurred.			Unauthorized using/possessing/purchasing/attempting to purchase non-illegal drugs (e.g., RX or over the counter medication), look-alike versions of these drugs, or drug paraphernalia.	Being under the influence of illegal drugs.	Using/possessing/purchasing/attempting to purchase illegal drugs, look-alike versions of these drugs, or drug paraphernalia.
				Distributing/selling non-illegal or illegal drugs or look-alike versions of these drugs, or drug paraphernalia.	

Discipline Violations

