# Better Choices: Stronger Spartans



*Created by:*

*Madeleine Bott and*
*Sophia Kidwell*

# Our Purpose

"When it comes to vaping, the key message for parents is to keep talking about it. Start by asking what their friends think," – Paul Dillon



*It is hard to see*

*some of our classmates enter the hard-to-escape world of vaping.*

*We want to help them and others by giving the resources of education.*



# Vaping: What's Actually Inside

- "More than 80% of calls to U.S. poison control centers for e-cigarettes are for children less than 5 years old".
- "Using nicotine during adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control".
- Some e-cigarettes could potentially contain, "heavy metals such as nickel, tin, and lead".
- Vapes also can contain, "tiny particles that can be inhaled deep into the lungs".

Health Effects of Vaping | Smoking and Tobacco Use | CDC

# Behind the Clouds

- Most vapes contain “propylene glycol and vegetable glycerin. While these are generally considered safe for ingestion, their safety profile changes dramatically when heated and inhaled directly into the lungs. Although, the FDA has approved propylene glycol as a food additive, research suggests it may cause respiratory irritation and could potentially contribute to lung inflammation when vaporized”.
- When a vape heats up to about 482 degrees it can become toxic!
- *What's Actually in Your Vape: A Complete Chemical Breakdown*



# See It? Here's how to Respond



After seeing your friends start unhealthy habits, it can be heartbreaking. So, we've produced a few ideas of what you could do.

- Call this free help number: 1-800-QUIT-NOW this number puts you on a call with a real person to help you through whatever is happening.
- Talk to an adult. Teachers will help the student, even if you anonymously report someone.
- Talk to a friend who makes healthy choices. Someone you trust to help you.

Now, here's what not to do:

- Demanding - this person may not feel comfortable anymore. They might shun you and continue to get worse.
- Threaten or intimidate them - this increases stress and damages the trust previously gained.
- Force them - it makes them feel controlled and doesnt address the main issues.

# The Bottom Line

- *There are many substances in vapes that are cancer-causing and dangerous to your health. Vapes contain chemicals that, if heated up to a certain level, can become toxic.*
- *In this presentation, we have covered only very little of how badly vaping contributes to your health.*
- *If you or yourself have a friend who needs help with vaping, call this **free** number:*

1-800-784-8669

*This is the number to 1-800-QUIT-NOW*

