



# Vaping 101

Rockaway Borough School District  
Grades 7-8

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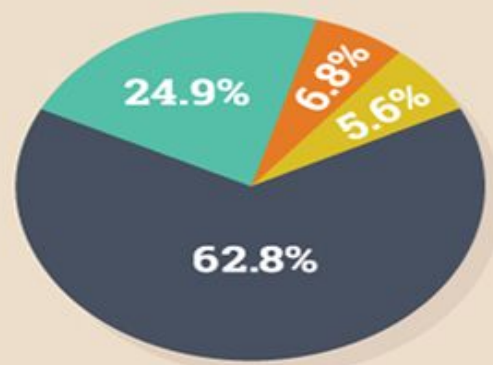


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# TEENS MORE LIKELY TO USE E-CIGARETTES THAN CIGARETTES

Past-month use



What did 12th graders think was in the mist they inhaled from an e-cigarette? Despite the belief that the liquid used in e-cigs contains only flavoring, it also might contain nicotine.

- Flavoring
- Nicotine
- Marijuana or hash oil
- Don't know



National Institute  
on Drug Abuse

DRUGABUSE.GOV

# ★ More stats...



- Use of e-cigarettes by middle and high school students nearly **tripled** from 2013 to 2014, creating a “**vape culture**”.
- In 2011, less than 2 in 100 high school students said they used e-cigarettes.
  - By 2015, 16 out of 100 had used e-cigarettes

(Centers for Disease Control and Prevention)

# ★ Vaping - defined

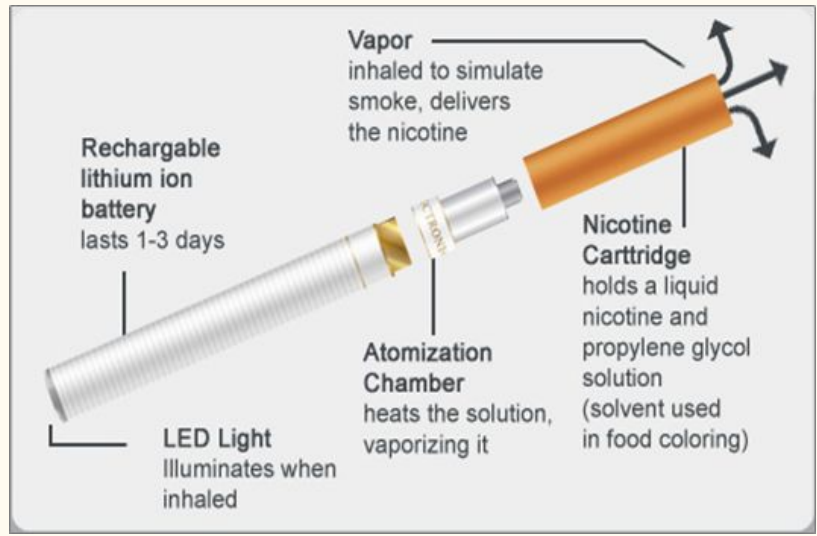


- The act of **inhaling** vapor produced by any kind of e-cigarette or personal vaporizer.
- Users load a liquid solution that can **contain nicotine** or their drug of choice into the device.
- When they draw on the device, the battery heats the liquid, which is then atomized into an inhalable vapor.

# ★ Types of Devices

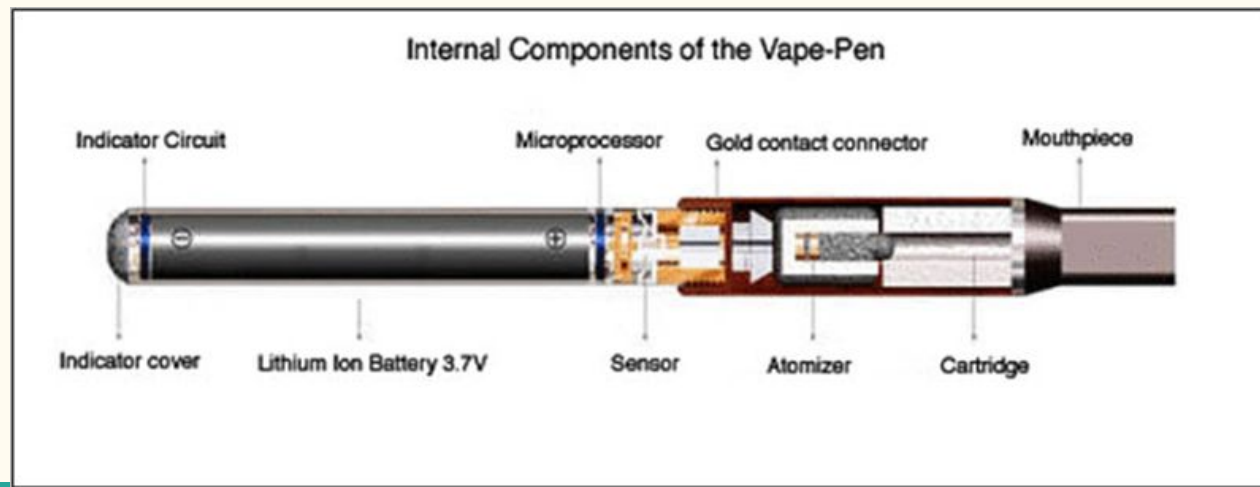
**Electronic cigarette:** smokeless, battery operated device used to deliver nicotine with flavorings or other chemicals.

**Vaporizer or “vape” pen:** a device ranging in size from a standard pen to a large cigar, used to generate an inhalable vapor from a solid or liquid substance.



## Three Main Parts:

- **Liquid Cartridge w/ flavor and/or drugs**
- **Heating Element called the “atomizer”**
- **Battery, usually rechargeable**



★ What do these look like? E-cigs, pens, “Juuls,” packaging, and charging devices.



★ This just in! Check out these vapes that are made to look like everyday items!!!

SLEEK. STYLISH. STEALTH.



INDVR Executive  
[Read more](#)



INDVR Elite Pen  
[Read more](#)



INDVR Mascara  
[Read more](#)



INDVR Lipstick  
[Read more](#)

# Incognito Vapes!



## The INDVR Key Fob

Introducing the INDVR Key Fob. It looks like it might start your car, but press the secret button and it opens up to be a stealth storage device that holds two 510 cartridges, full of your favorite vape oils. After all, everyone likes to have options.

[Buy now](#)





# What do these devices smell like? “E-liquid” or “E-juice” Cartridges - the “flavor”



# ★ What do you call them?

“Juul” (brand name) of “Juuling”

“Cartridges” or “carts”

“Vape” or “Vape pipe/pen”

“Water pipe”

“Mods” or “tanks”

“Dabbing”

“Dripping”

“e-hookahs”

“electronic nicotine delivery systems” aka ENDS



# ★ Vape/Juul Facts

- **1 Cartridge = 200 Puffs**
  - 200 Puffs = 20 Cigarettes
- **If you DO NOT inhale the smoke, still same consequences. Mostly Orally.**
- **“Vape Tricks” raise health concerns**
  - Larger Inhale for Larger amount of smoke = More Chemical
    - Nose, Mouth & Lungs have thin Protective Shield to keep out toxins, dust, and foreign particles. Tricks severely damage this shield.
  - “Vape Trick” Videos encourage use of products
    - 85% teens have seen a video

# ★ What could be in the “e-juice/liquid”?

\*Main ingredients - propylene glycol (PG) and/or vegetable glycerin (VG) usually with water-soluble food flavorings.

- **Nicotine - highly addictive substance; varying amounts may be found in the e-juice with the flavoring.**
  - **“Juuls” usually contain high levels of Nicotine!!!!**
- **THC - (or tetrahydrocannabinol) chemical responsible for most of marijuana's psychological effects. The active ingredient in marijuana. Extracted oils can be added to e-juice.**

# ★ Effects of Using Vape Products

- **Gateway Drug**

- Nicotine in e-cigarettes & other tobacco products can influence brain for addiction to other drugs such as cocaine.

- \*Stimulant

- Certain e-cigarette products used to deliver other drugs like marijuana

- **Aerosol from e-cigarettes is not harmless.**

- Self & Others around (Second Hand)

- **Defective e-cigarette batteries** known to cause fires, explosions, & serious injuries.

# ★ **Dangers for Youth**

- **No one is really sure of what they are inhaling.**
  - **So many options plus so many chemicals & potential of drugs.**
- **Nicotine addiction - physical addiction**
  - **Other Addictions - psychological addiction, etc.**
- **Nicotine poisoning**
- **Bleeding Mouth, Throat, Nose**
- **Mood disorders**
- **Permanent lowering of impulse control.**
- **Slower brain activity**

# ★ Dangers/Health Risks

- **“Popcorn Lung”** - *Diacetyl* (a chemical found in e-juice) is ***a chemical added to food (microwave popcorn)***. The issue is when heated up and inhaled, it is very dangerous.
  - Inhaling it is harmful to health, specifically linked to bronchiolitis obliterans (a lung disease). Can develop to the stage where a lung transplant is necessary.
- **“Wet Lung”** - “hypersensitivity pneumonitis”
  - **Inflammation of the lungs due to an allergic reaction to chemicals or dust.**
  - Pool of liquids within lungs
- **“Vapers Tongue”**- **Ability to taste dramatically reduced or diminished.**

★ **The law to buy any tobacco/smoking device (including electronic devices)**

No longer 18 or 19 in the State of NJ!

**IT'S 21!!**

**(Just passed September 2017)**

**2A :170-51.4:** No person, either directly or indirectly by an agent or employee, or by a vending machine owned by the person or located in the person's establishment, shall sell, offer for sale, distribute for commercial purpose at no cost or minimal cost or with coupons or rebate offers, give or furnish, to a person under 21 years of age: any electronic smoking device that can be used to deliver nicotine or other substances to the person inhaling from the device, including, but not limited to, an electronic cigarette, cigar, cigarillo, or pipe, or any cartridge or other component of the device or related product.



# ★ Common ways students are hiding them in school

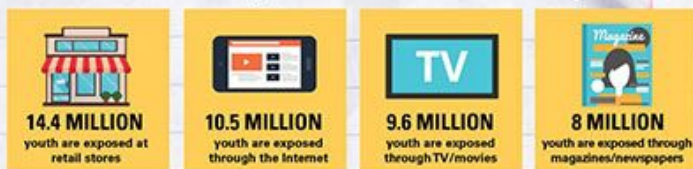
- Hidden in pencil cases (remember many look like pens, highlighters, and USBs)
- Hidden in pockets
- Smoke blown into their shirts, sleeves or bags
- Use in bathrooms, locker rooms, outside, or by lockers
  - Outside - students straying from the crowd



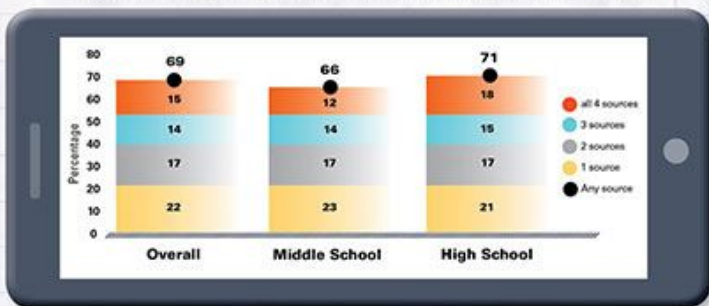
# ★ Advertising & Marketing = Teens are targets!

Youth are exposed to e-cigarette advertisements from multiple sources.

## Sources of e-cigarette advertisement exposure



US students exposed to e-cigarette advertisements, by school type and number of sources of exposure



\* Percentages may not add up exactly to any source due to rounding.

SOURCE: National Youth Tobacco Survey 2014.



# ★ STAFF PROCEDURE

## If a student is vaping or has a vape:

- Staff member will remove the device from student's possession  
(If student refuses to give the device report it to administration immediately)
- Call Nurse and explain you have a student who needs to be escorted to her office. DO NOT let student use the bathroom or stop at his/her locker during this process. (Student cannot be left alone)
- Notify Administration if you have not already.
- Nurse will take student's vitals and Administration will follow protocol to send student out for an official mandatory Drug Screening per NJ Law

# Student Consequences:

## Level 2 - Smoking Possession of Tobacco Products

1. 1 ISS; 2 Saturdays; 5 pts
2. 2 ISS; 4 Saturdays; 5 pts
3. 1 OSS; 5 pt

## Level 3 - Possession of Drugs/Alcohol/Paraphernalia \*

1. 10 OSS; 10 pts
2. 10 OSS & Expulsion w/BOE Hearing

## Level 3 - Under the influence of Drug/Alcohol/Steroid (with positive drug result)\*

3. 10 OSS; 10
4. 10 OSS; Expulsion w/BOE Hearing

\*Police notification; BOE Hearing; possible expulsion

Don't be a tool - don't Juul!

**THE END!**

# CDC Materials on Vaping (GREAT info sheets from the CDC!)

What do they look like? CDC

<https://www.cdc.gov/tobacco/infographics/youth/pdfs/e-cigarettes-usb-flash-508.pdf>

What's the Bottom Line with Vaping? CDC

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf)

NIDA - National Institute on Drug Abuse - E-Cigs and Vaping

<https://www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarette>

# Additional Resources/Articles

<https://www.npr.org/sections/health-shots/2017/12/04/568273801/teenagers-embrace-juul-saying-its-discreet-enough-to-vape-in-class>

<https://www.cnn.com/2018/05/17/health/case-study-teen-vaping-wet-lung/index.html?no-st=1538490312>