

Vaping & Electronic Vapor Products (EVP) Alert

A collaborative publication of the Franklin Public Schools
and the Franklin Substance Abuse Task Force

Dear Franklin Families,

The Franklin Public Schools Substance Abuse Task Force has curated the following information in response to the steady rise in popularity of vaping, the use of electronic vapor products (EVP), and the series of vaping-related deaths. It is important that you and your students understand the health risks of vaping and we hope to enlist your help.

In light of this national health crisis, the Commonwealth of Massachusetts adopted the country's strictest ban on the sale of flavored tobacco and vaping products, including menthol cigarettes, in response to a rise in youth vaping and an outbreak of severe vaping-related lung injuries. This law follows Governor Baker's temporary statewide ban of all sales of vapes and vape products from September-December, 2019.

This notification contains tools, articles, and resources from a variety of public health organizations that support our work.

We encourage you to review this material and share it with your family, friends, and community members. For more information, please contact:

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Parent Education Series Presentation:

"What are you Puffing?" Vaping and Our Youth

SAVE THE DATE!

**Monday, January 6th
at 6:00 pm**

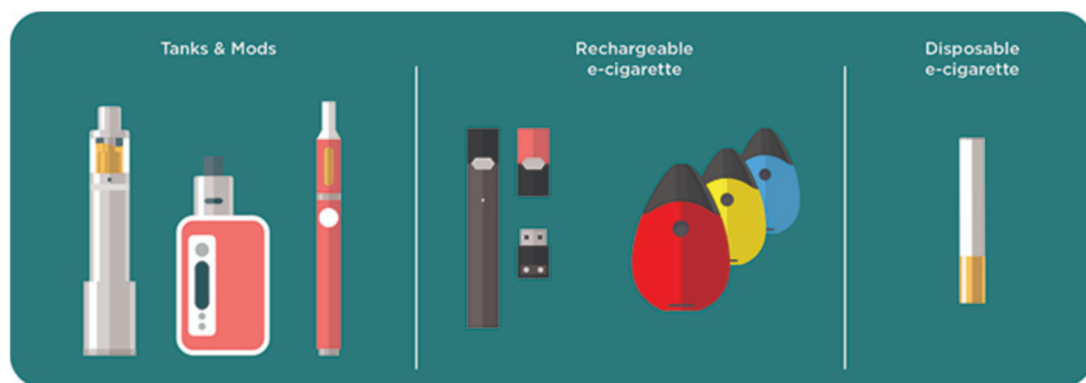
**Franklin High School
Auditorium**

A workshop on electronic vapor products (EVP) use open to all interested community members. Join us for the latest information on this issue, along with resource sharing.

Facilitated by the Massachusetts
Partnership for Youth

Information on EVPs

Prevention is **most** effective.
Best advice -
If you don't
use, don't
start.



EVPs are known as "e-cigs," "mods," "vape pens," "dab pens," "Juul," and "electronic nicotine delivery systems".

What are EVPs?

- Electronic Vapor Products which cover a wide range of vaping/e-cigarette products used for "vaping" or "Juuling"
- Electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air
- Come in many shapes and sizes - most have a battery, a heating element, and a cartridge to hold liquid
- Some look like USB flash drives, pens, and other everyday items; others look like regular cigarettes, cigars, or pipes. Larger devices such as tank systems, or "mods," do not look like other tobacco products
- Can contain nicotine, marijuana, THC, or other drugs



THE RISE OF JUUL

Juul's nicotine content is one of the highest among e-cigarettes on the market. The amount of nicotine in one standard Juul cartridge is roughly equal to the amount of nicotine in a pack of cigarettes, or about 200 puffs, according to the JUUL website.

- Most popular e-cigarette on the market
- Slim USB flash drive design, vibrant colors and enticing flavors
- Small aerosol "cloud" allow for discrete use
- Nicotine salts in JUUL pods increase rate of nicotine delivery



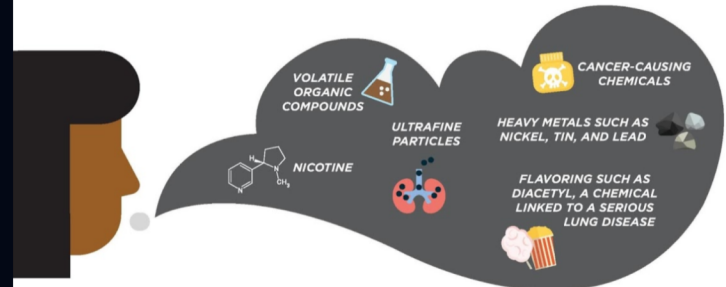
What are the health risks of EVPs?

The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, such as heavy metals, which are harmful to the lungs.

- E-cigarettes can negatively affect lung function
- Nicotine is highly addictive and harmful to the vulnerable brains of youth and young adults (which continue to develop into the early and mid-20s)
- The effects include addiction, primed for use of other addictive substances, reduced impulse control, deficits in attention and cognition, and mood disorders
- Confirmed cases of severe lung disease associated with EVP use

WHAT IS IN E-CIGARETTE AEROSOL?

THE E-CIGARETTE AEROSOL THAT USERS BREATHE FROM THE DEVICE AND EXHALE CAN CONTAIN HARMFUL AND POTENTIALLY HARMFUL SUBSTANCES:



It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.



For more information about the **FRANKLIN STATISTICS** and for **SCHOOL-BASED CONSEQUENCES** click [here](#).

Did you know e-cigarettes are not currently approved by the FDA as a quit smoking aid?

The U.S. Preventative Services Task Force, a group of health experts that makes recommendations about preventative health care, concluded that the evidence is insufficient to recommend e-cigarettes for smoking cessation in adults, including pregnant women.

To learn more visit: www.truthinitiative.org

8 Things you need to know about Juul

GetOutraged.com - MA Department of Public Health

Vaping Education for FPS Students

Students in grades 4 through 10 will participate in vaping education curriculum during health education classes. Upon completion of their health classes students will be able to...

- Identify the different types of EVP
- Explain the health risks of EVP
- Describe the consequences of vaping (health and legal)
- Perform refusal skills
- Act as a resource person



Support for Parents and Guardians

The following resources may be of help to assist people in stopping the use of vaping/the use of EVP, or in preventing the onset of such use. We urge you to spend some time looking through these resources and seeking assistance either for yourself or for loved ones who may already be impacted by this issue.

- **The New Look of Nicotine Addiction** is a MA Department of Public Health (DPH) 2-minute video to educate parents about the harms of vaping.
- **How to Talk to Your Teen About Vaping Education** (American Addiction Society)
- **How to Talk with Teenagers about Vaping** (New York Times)
- **Nicotine Addiction From Vaping Is a Bigger Problem Than Teens Realize** (Yale Medicine)



Need Help Quitting?

This is Quitting - a free resource from Truth Initiative for teens and young adults-

Text DITCHJUUL to 88709 to sign up, or click on link below: <https://truthinitiative.org/thisisquitting>

My Life, My Quit - free resource to help youth quit vaping from National Jewish Health

Call or text "start my quit" to 1.855.891.9989 or visit www.mylifemyquit.com for real-time coaching

<https://www.becomeanex.org/> **Become an Ex** - comprehensive quitting program for all ages with customized quit plan, text messages for support, online resources, including for parents trying to help a child. Developed by The Mayo Clinic in partnership with Truth Initiative

A Quick Guide to Substance Abuse Services for Young People

Talk to your pediatrician or health care provider

See your school nurse, Health Education Teacher, or School Adjustment Counselor for support and referral