Be Aware:

Vaping and E-Cigarettes

What is vaping?

- Vaping (or JUULing) is the use of e-cigarettes, a product that often contains nicotine and can also be used with marijuana and CBD. Vaping devices produce an aerosol when the inserted liquid is heated.
- E-cigarettes come in a wide range of sizes. Some look like cigarettes while others look like USBs or pens.
- They often smell of fruit or candy due to flavoring.
- Includes: Mods, vapes, e-pens, e-cigs, e-hookahs, JUULs, electronic nicotine delivery system (ENDS)

Who is vaping?

- Nationally from 2017 to 2018, e-cigarette use increased 78% among high school students and 48% among middle school students. 20.8% of high school students and 4.9% of middle school students reported e-cigarette use.
- Because devices are easy to conceal, they are often used in school bathrooms, locker rooms and even classrooms.

Vaping is relatively new so many teens do not know the risks. Some teens think it is only water vapor and do not know that one JUUL pod contains 200 “puffs” that is equivalent to as much nicotine as a pack of cigarettes.
What is the danger?

- Nicotine use can impair prefrontal brain development in teens, leading to attention deficit disorder and poor impulse control. Some e-cigarettes generate significant amounts of formaldehyde, a carcinogen.
- The vapor contains known carcinogens and toxins as well as potentially toxic metal nanoparticles from the vaporizer.
- Youth who use e-cigarette products are more likely to use cigarettes or other tobacco products and also leads to later use of marijuana.
- Nicotine is a highly addictive substance. Nicotine increases dopamine, rewarding the user and reinforcing the use of the drug leading to addiction.

Myths v. Facts

Myth: It’s Just Water Vapor

Fact: Vaping can expose the user’s lungs to harmful chemicals like formaldehyde, diacetyl and acrolein, as well as toxic metal particles like nickel, tin and lead.

Myth: It’s Just Flavoring

Fact: Vapes get their flavors from chemicals. While these flavorings are safe to eat in food, they’re not safe to inhale. Inhaling flavor chemicals can harm your lungs.

Myth: I don’t have an addictive personality — I won’t get hooked on vapes.

Fact: Vaping delivers nicotine to the brain in as little as 10 seconds. A teen’s brain is still developing, making it more vulnerable to nicotine addiction.

For more information and resources for parents, like us on Facebook: @Compact2020
Be Aware: Prescription Opioids

Availability and Accessibility:
- Commonly prescribed by doctors for teens as pain relief for sports injuries – 1 in 10 athletes report misusing painkillers.
- Prescribed for oral surgery (wisdom teeth) and in some prescription cough syrups.
- Nearly half of students in grades 7 - 12 have been prescribed opioids.
- Two-thirds of teens and young adults who report abuse of prescription medications are getting it from friends, family and acquaintances.

Names to Know:
- Prescription Names: Hydrocodone (Vicodin, Norco), Oxycodone, (Oxycontin, Roxicodone, Percocet), Codeine (Robitussin AC), Morphine, Fentanyl
- Street Names: OC, Cotton, Percs, Vike, Big Boys

Know the Danger:
- Danger of Dependence: Opioids are highly addictive and users can quickly develop a tolerance, requiring higher and stronger doses, which can increase the risk of accidental overdose.
- Physical Danger: Misuse of opioids can cause dramatic increases in blood pressure and heart rate, organ damage, difficulty breathing, seizures and even death.

Signs of Dependence and/or Misuse:
- Problems at School or Work
- Physical Health Issues: Lack of energy or
motivation, weight loss or gain, red eyes

• Neglected Appearance
• Changes in Behavior: Drastic changes in relationships with friends and family, secretiveness
• Money Issues: Sudden requests for money, money is missing

Questions to Ask Before Opioid Use:

• Is a prescription opioid necessary to treat my pain? Could an over the counter (OTC) pain reliever such as acetaminophen (e.g., Tylenol) in combination with a non-steroidal anti-inflammatory drug (NSAID) be just as effective? For chronic pain, can we explore alternative treatments?

• How many pills are being prescribed and over how long a period? Is it necessary to prescribe this quantity of pills?

• What are the risks of misuse? The prescriber should be able to answer this question for the specific drug being prescribed. Parents should ask.

What to do in the event of an OPIOID OVERDOSE

Know the Signs

Slow breathing  Drowsiness
Limp body  Unconsciousness
Blueish lips  Pale face
Vomiting  Slow heart rate
Gurgling  Muscle spasms

CALL 911 IMMEDIATELY!
Do not wait! Call at the first signs!
MEDICATION DISPOSAL

Prevent medication abuse by properly disposing of medications when no longer needed. Visit dtf.shelbyal.com for a list of Medication Collection Units in Shelby County. Check with your local pharmacy for additional medication disposal options.

If you notice any of the signs or dependence or misuse, talk to your child’s physician. An additional resource for help is Children’s of Alabama Psychiatric Intake Response Center:

205-638-PIRC (7472)

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Be Aware: Marijuana Use

What is the extent of the problem?

• Nationally in 2018, 22.2% of 12th grade students reported past month use of marijuana.
• Vaping marijuana increased in usage rates between 2017 and 2018.

The number one danger of marijuana is misinformation. Because marijuana is legal in some states, teens falsely think that using marijuana use does not have risks and dangers.

Know the Facts:

• Marijuana can cause impairment for days after usage impacting athletic and academic performance after the high is gone. Marijuana causes skill impairment that may last up to 24 to 36 hours after usage, but students may think they are performing better because of how the drug makes them feel.

• Synthetic cannabis is not safer than marijuana. Synthetic cannabis is very dangerous and consumption has resulted in numerous hospitalizations. These drugs have been reported to cause hallucinations, increased heartbeat and blood pressure, aggressive behavior, anxiety, muscle spasms and vomiting.
• **Smoking marijuana is harmful to your health.** Smoking marijuana can be more harmful than using tobacco and can deliver more carcinogens. In terms of lung cancer risk, one joint of marijuana equates to 20 tobacco cigarettes.

**What can parents do?**

• Parents are the #1 influence in their child’s life. Make it clear that the use of marijuana and other drugs is not allowed.
• Educate your child about the health risks associated with marijuana and the damage it can cause to their academic and athletic performance.
• Inform students of both school and legal consequences that are at stake for possession of marijuana.

**The Impact on Youth Health and Safety**

• About 1 in 6 teens who regularly use marijuana become addicted.
• Students who regularly use marijuana by age 15 are more likely to develop mental illness such as schizophrenia.
• After alcohol, marijuana is the leading drug found in the blood of drivers after crashes.
• Mixing alcohol and marijuana has an increasingly negative effect on impaired driving.
• High school drop-out and failure rates increase with marijuana use.
• Evidence has shown that marijuana use during the teen years could potentially lower a person’s IQ and interfere with other aspects of functioning and well-being.

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