



Sample of e-cigarette products. Images are not to scale.



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## RESOURCES FOR YOU

- Surgeon General
- Food & Drug Administration
- National Institute on Drug Abuse
- The Power of Choice
- Campaign for Tobacco-Free Kids
- Centers for Disease Control and Prevention
- The Center for Tobacco Policy and Organization

## IN PARTNERSHIP WITH

The Power of Choice is a project of 360 Youth Services, Naperville School District 203, Indian Prairie School District 204, Naperville Police Department, KidsMatter and District 203 and 204 Parents. Survey and data analysis provided by Center for Prevention Research and Development (CPRD) at the University of Illinois.

## POWER OF CHOICE CONTACT

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## ELECTRONIC CIGARETTES 101: Health Impact

# THREE THINGS PARENTS OF TEENS SHOULD KNOW

2018 Illinois Youth Survey data collected in the spring from our students contains important news. The District 203 & 204 High Schools community report (students surveyed N =11,128) found 82% of students chose to be electronic-cigarette-free in 2018. The percentage of E-cigarette free youth fell from 92% in 2016 (past 30-day use rates). The Power of Choice, state and federal public health agencies are bringing resources and useful information to parents and students to spread awareness of the risks of use.

**1. Electronic cigarettes, also known as “e-cigs” and “vape pens”** recognized under brand names such as JUUL, Blue and Halo, are battery-powered devices delivering liquid nicotine, flavorings, and other additives. In Naperville, Aurora and Bolingbrook teens must be 21 to legally purchase the devices and liquids.

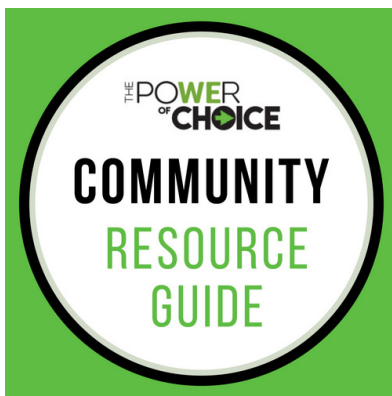
**2. Adolescents who try e-cigarette devices, may soon acquire their own device and become addicted to the nicotine, which can occur within days of vaping regularly.** This potentially can create an expensive, lifelong health hazard. Chemical exposure includes formaldehyde, acrolein, benzene, and metals nickel and lead.

**3. Some teens risk school discipline by using in school.** While the aerosolized vapors can be odorless, school officials have become vigilant in areas of typical violations. E-cigs are sometimes used to deliver other drugs including marijuana. Use, possession and selling these devices is prohibited on school property and violators may face disciplinary action.

**FDA STEPPING UP, JUUL BACKING DOWN**

Concerned about nationwide increased vaping by high school youth, the Food & Drug Administration announced it proposes limits on flavored e-cigarettes sales in convenience stores to reduce accessibility and appeal that initiate youth use.

The plan is for flavors that appeal to kids to be sold in tobacco shops only. With this mounting regulatory pressure, e-cig manufacturer Juul Labs said it is discontinuing social media promotions of flavored products appealing to the younger market and suspending sales of its flavored e-cig pods in retail outlets.



**NEW UPDATES**

The latest Winter poster is live in schools. Many students state they chose to be alcohol free because others depend on them.



Connect with us on social media!



**TALK ABOUT THE RISKS OF VAPING**

**Research.** Gather credible info about e-cigarettes and teens.

**Role model.** Being smoke and vape-free sets a healthy example.

**Before talking.** Intend to keep the conversation an ongoing, open dialogue; avoid criticizing those who might be using.

**Start a conversation.** Find a natural time to bring up e-cigarettes, such as driving by a vape shop or seeing use. Ask questions about what your child knows, ask for their help in understanding if vaping occurs among peers, what they know about it, and their stance. Share what you know, and that you care they are aware of the risks.

**TIPS TO RECOGNIZE VAPING**

**Stay Informed and Know the Signs**

**Odor:** Unlike cigarette smoke, aerosolized vapors are pleasant including minty menthol, vanilla, fruit, candy. It is important to note, though, that the vapor exhaled can be odorless.

**Unfamiliar devices:** Disguised as USB drives, pens, inhalers, cell phone cases with holes (mouthpiece); vaping devices are not always easy to spot (see images at the top of the newsletter). Accessories include metal wires, cotton wicks, empty plastic vials, batteries and chargers.



360 Youth Services & Naperville Police Department staff worked together visiting Naperville North freshmen presenting about the Power of Choice and the fact that most students are making healthy choices!