

DISCLAIMER



- As an educator, you can play an active role in fighting the teen vaping epidemic. FDA research suggests that changing social norms around e-cigarette use on campus may help prevent teen vaping. Use this presentation to learn more about the fact-based resources available to start an honest conversation with your students and to try to change social norms in your school.
- The content outlined in this presentation applies to youth use of e-cigarettes or vaping but is specific to vaping nicotine. This presentation does not address vaping other substances, such as THC or CBD.

1 Teacher Resource Guide: Facts About E-Cigarettes

HOW TO USE THIS PRESENTATION

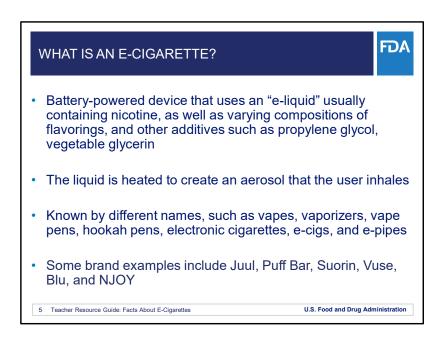


- This presentation is primarily designed to be used as a resource guide for middle and high school educators and parents.
- It can be used for a variety of purposes, such as:
 - School board meetings
 - PTA meetings
 - In-school educator trainings
- If this material will be presented to a youth audience, please be aware that not all slides are appropriate for teens.
 - Slides that should be removed for a presentation to youth are indicated in the notes section.

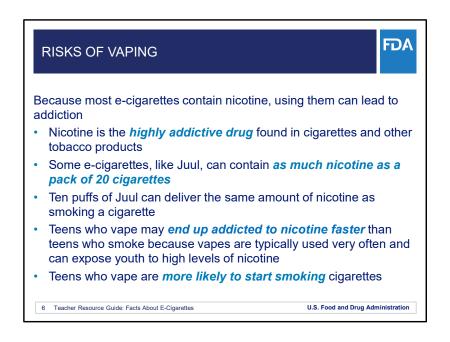
2 Teacher Resource Guide: Facts About E-Cigarettes



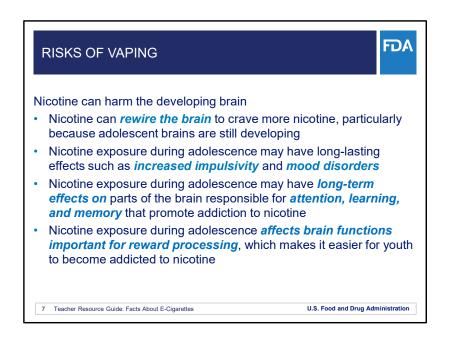




Note: These slides do not contain information on e-cigarettes that may be used with other drugs.

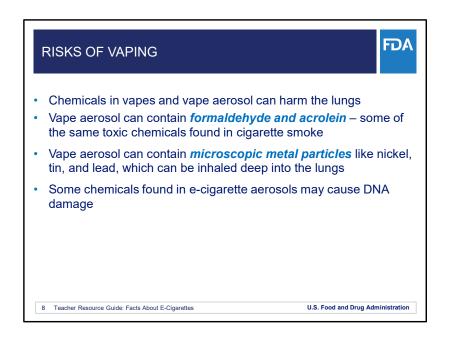


- 1. U.S. Department of Health and Human Services (USDHHS). How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office of Smoking and Health; 2010
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- 1. U.S. Department of Health and Human Services (USDHHS). How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2010.
- 2. U.S. Department of Health and Human Services (USDHHS). *E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2016.
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- 7. Xu Z, Seidler FJ, Tate CA, Garcia SJ, Slikker W Jr, Slotkin TA. Sex-selective hippocampal alterations after adolescent nicotine administration: effects on neurospecific proteins. *Nicotine Tob Res.* 2003; 5(6):955-960.
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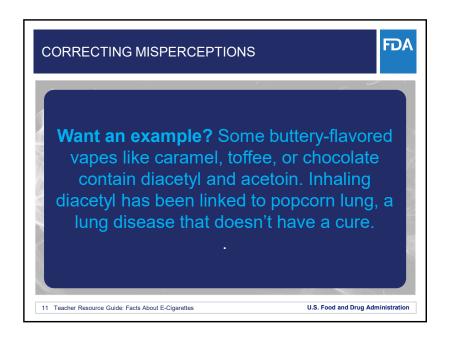




Want an example? Some buttery-flavored vapes like caramel, toffee, or chocolate contain diacetyl and acetoin. Inhaling diacetyl has been linked to popcorn lung, a lung disease that doesn't have a cure.

Source:

U.S. Food and Drug Administration. Infographic - "How much do you know about the epidemic?" U.S. Food and Drug Administration, Center for Tobacco Products. 2018.



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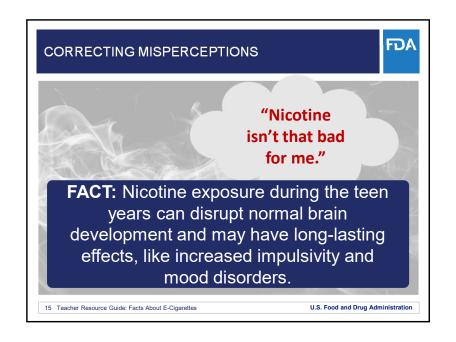
U.S. Food and Drug Administration. Infographic - "How much do you know about the epidemic?" U.S. Food and Drug Administration, Center for Tobacco Products. 2018.



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https://www.fda.gov/downloads/TobaccoProducts/AboutCTP/UCM624891.pdf Accessed Jan. 29, 2019.

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THE REAL COST CAMPAIGN



 "The Real Cost" Youth E-Cigarette Prevention Campaign educates youth that using ecigarettes, just like cigarettes, puts them at risk for addiction and other health consequences



 "The Real Cost" campaign provides youth with science-based facts about tobacco products – so that they can make educated decisions about tobacco use

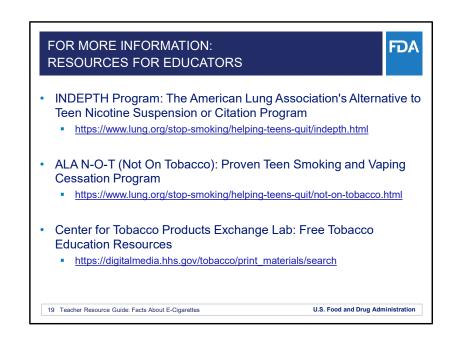
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FOR MORE INFORMATION: RESOURCES FOR TEENS



- "The Real Cost" campaign website: www.whatsinavape.com
 - Facebook.com/Knowtherealcost; Instagram @TheRealCost
- Smokefree Teen Quit Vaping: https://teen.smokefree.gov/quit-vaping
- Quick Facts on the Risks of E-cigarettes from CDC: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html
- Truth Initiative Youth Text Messaging Quit Program: Text DITCHJUUL to 88709
- CDC Quitline: 1-800-QUIT-NOW

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NOTE: This slide should be removed when talking to youth.

FOR MORE INFORMATION: OTHER RESOURCES



- U.S. Surgeon General's website on teen vaping: https://e-cigarettes.surgeongeneral.gov/
- FDA's webpage on youth and tobacco: https://www.fda.gov/tobacco-products/public-health-education/youth-and-tobacco
- CDC's webpage on electronic cigarettes:
 https://www.cdc.gov/tobacco/basic information/e-cigarettes/index.htm
- Tips for safe disposal of e-cigarettes and nicotine waste: https://digitalmedia.hhs.gov/tobacco/print_materials/CTP-163

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