

# School District of Marshfield

Student Services Newsletter | May 2020



## VAPING: What You Need to Know

### What to Know...

- Many vapes that claim to be nicotine free are not. All Juul products contain nicotine.
- One Juul cartridge/pod = approximately 20 cigarettes.
- Candy and fruit flavorings appeal to teens.
- Vapor contains harmful chemicals and particles that cause permanent lung damage to both users and bystanders who breathe it in.
- Vapes can be modified to contain substances such as marijuana and other drugs.
- Vape use has increased 78% among high schoolers and 48% among middle schoolers in the last year alone.
- Nicotine use by teens causes brain changes that make life-long addiction much more likely.

### What to Look for...



### What Parents Can Do to Help...

- Know what to look for:
  - ◊ Become familiar with the appearance of vaping devices;
  - ◊ Watch for signs that your student might be using vapes, such as: sweet/fruity smells in their rooms or clothing, discarded pods in the trash, frequent nosebleeds, decreased caffeine intake.
- Don't be afraid to start the conversation.
- Be patient and ready to listen. Have a conversation, not a lecture.
- Set a positive example by being tobacco-free.
- Learn more facts at: [e-cigarettes.SurgeonGeneral.gov](http://e-cigarettes.SurgeonGeneral.gov).
- For free help with quitting visit [smokefree.gov](http://smokefree.gov) or 1-800-QUIT-NOW.
- Contact your child's school counselor for additional questions or support.

### What Can Happen...

Students who use vapes (whether or not they contain nicotine) on school property face serious consequences such as mandatory court appearances, fines, and suspension from school.