

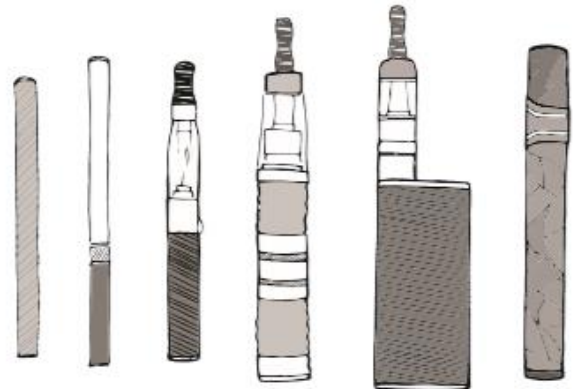
Students First, Safety First

Vaping and Juuling

Fulton County Schools is committed to providing safe and secure learning environments for our students. Our Board of Education makes annual, ongoing investments that provide safety and security to our physical buildings as well as programs that focus on the social and emotional well-being of our students and staff. This commitment continues with regular parent and community education about current student safety issues.

What is vaping? What is juuling?

Vapes (sometimes called e-cigarettes) are devices used to ingest vaporized liquid nicotine, liquid tetrahydrocannabinol (THC) from marijuana, flavorings, or a combination. Vape devices consist of a battery, an atomizer with a heating coil, and an absorbent material that absorbs a liquid called “e-juice” that can contain nicotine, THC, flavoring, and always containing a variety of chemicals. The battery allows the atomizer to heat the liquid which creates an aerosol vapor that is breathed into the lungs and breathed out into the air repeatedly - sometimes forming large aerosol clouds.



Vape products were created by the tobacco industry to replace lost customers of cigarette smoking, which has been steadily declining over the years. There are literally thousands of e-juice flavor options such as Cool Cucumber and Mango, a marketing tactic to lure new customers and may be especially appealing to young people. Many consumers are unaware of the harms from vaping. Some people believe that it’s safer than smoking, even though there is no science yet to support that theory.

This hottest vape product on the market is the juul vape (pictured on far right above). Juuls, as they are called, are appealing to the youth and college students for several reasons: sleek look; slim, discreet size; comes with a USB charger; easy to use pods in desirable flavors; and low cost (around \$40). Basically, the juul technology creates a strong “throat hit” and delivers bursts of nicotine to the user. One pod – which might be shared with a group of friends in one hangout, or consumed over the course of a few days by an individual user – contains the same amount of nicotine as a full pack of cigarettes.

How harmful is vaping?

- Ear, eye, and throat irritation is common among people who vape.
- Nicotine is highly addictive – It doesn’t matter how nicotine is ingested, because the nicotine itself is addictive. All juul products contain large amounts of nicotine (up to 5%). The earlier teens start using any product with nicotine, the stronger their addiction will be and the harder it will be for them to quit. Only 4% of adolescents who attempt to quit nicotine are successful. Early use of vapes is also linked to cigarette smoking, meaning it is fairly common to use both eventually.
- The aerosols produced by the chemicals in e-juice, enter into the user’s lungs and leave chemical residue behind. These may include propylene glycol, glycerin, flavorings, nicotine and other harmful chemicals and

toxins, some known to cause cancer. Even the flavorings that do not contain nicotine have chemicals and toxins.

- Popcorn lung, or bronchiolitis obliterans, is an incurable medical condition that results from long term exposure to a flavoring chemical called diacetyl that is found in both traditional cigarettes and many e-juice products. Breathing in diacetyl may scar the smallest air passageways, causing coughing and shortness of breath.
- Correlated to polysubstance use and adult addiction – The early use of any substance – most commonly nicotine, alcohol or marijuana – increases the likelihood of other substance use and the chance of having a substance use disorder as an adult.
- There are no federal regulations on e-juice products yet, so there are no child safety precautions on the caps, making them dangerous to others besides the user.
- Some vape devices are known to explode. Batteries can malfunction and cause vape devices to catch on fire or explode during use. This is common with cheaper models that have “mechanical mods” - as well as among inexperienced users.
- Third-hand smoke refers to the chemicals in vapes/aerosol that remain on surfaces and in dust, even after the vapor and aerosol are gone, which react with other chemicals in the environment to form toxic chemicals that are known to cause health problems.

What can do if my child is vaping?

- Intervene immediately –It is ideal to interrupt early experimentation before a habit or dependence sets in. Sometimes young people are simply bored, curious, or are participating so they can fit in or feel cool. Remember, most young people are not vaping. If your child is vaping, it’s reason for concern.
- All teenagers make mistakes, it’s completely normal and can be an opportunity to learn. Even when serious mistakes happen, try to keep your emotions in check. Take time to cool off then express your disappointment, anger, or frustration calmly. Believe it or not, kids do not want to disappoint their parents, so this is often an effective approach.
- Next, establish clear rules & consequences for having vape paraphernalia or for using nicotine. The long-term threat of addiction is usually not compelling for a young person. Think of immediate consequences that will affect your child right away. Determine how you will monitor the new rules such as cell phone/social media access, bedroom/backpack checks, no sleepovers, or other ideas to ensure nonuse.
- Overall monitoring: 1) Know where your teen is at all times – physically and virtually; 2) Get to know your child’s friends – and their parents; 3) Find out how your teen plans to spend his or her day. “So... what’re you up to tomorrow?”; 4) Limit the time your child spends without adult supervision. After-school hours are the most high-risk time for teens to be on their own; 5) Use technology to check in with your teens to find out where they are, who they’re with and what they’re doing. These ideas can be challenging to implement, because your teenager is naturally seeking independence. Try to strike a balance.
- Remember that when things are going well — which will be most of the time - it helps to praise your teenager. Reinforce and reward positive decisions and behavior.
- Consider connecting your child with a counselor, so he or she may safely explore their reasons for using in the first place, as well as their own motivation to slow down or stop.
- Ask your pediatrician or counselor for some nicotine cessation strategies. Or visit: <https://smokefree.gov/>

Fulton County Schools’ Student Code of Conduct: Responsibility Cycle for Vaping/Juuling

Possession or use of vapes, juuls, e-cigs, etc. on school campus is a violation of the FCS Student Code of Conduct. Consequences typically range from local school consequences up to 10 days of Out of School Suspension; however, chronic or persistent violations could result in a referral to a disciplinary hearing at which a student could be subject to a long-term suspension or expulsion from Fulton County Schools.