

# DON'T BLOW IT : ANTI-VAPING CAMPAIGN

## VAPING PROGRAM

### Required:

- 1) Present the Don't Blow It film (10 minutes)
- 2) Complete Facilitator Evaluation (5 minutes)

### Optional:

- 1) Conduct the Student Pre-Evaluation prior to showing the film (5 minutes)
- 2) Conduct the Student Post-Evaluation after showing the film (5 minutes)
- 3) Use the Vaping Quiz (5 minutes)
- 4) Use the discussion guide below for a large group discussion (15 minutes)

*\*For questions or to request paper copies email [chna.comments@essentiahealth.org](mailto:chna.comments@essentiahealth.org)*

## DISCUSSION GUIDE

### What's an e-cigarette?

Electronic cigarettes are battery operated devices that people use to simulate smoking. E-cigarettes come in various shapes and sizes and are customizable. An e-cigarette contains four major components: the battery, the atomizer, the tank (also known as a cartridge/pod) and the mouthpiece.

### What's in an e-cigarette?

E-cigarettes contain harmful and potentially harmful chemicals, including:

- Nicotine
- Flavorings, such as: diacetyl, a chemical linked to a serious lung disease
- Heavy metals, such as: nickel, tin, and lead
- Scientists are still working to understand the health effects and harmful doses of e-cigarette contents.

### What's the big deal about Nicotine?

- Nicotine is a substance found in most tobacco products.
- Nicotine is addictive, can harm brain development and can be poisonous. Young people can become addicted to nicotine after just two or three uses.
- Using nicotine at young ages may make it harder to concentrate, learn, or control impulses.
- Nicotine can change the young brain, making it more easily addicted to other drugs like meth and cocaine.

## WHAT ARE THE RISKS?

### Health Risks

Vaping nicotine has been associated with the following:

- seizures
- lung disease
- attention deficit
- weight loss

### Brain Risks

The part of the brain that's responsible for decision-making and impulse control is not fully developed until the late 20s. Youth and young adults are uniquely at risk for long-term, long-lasting effects of exposing their developing brains to nicotine. These risks include:

- Nicotine addiction
- Mood disorders
- Permanent lowering of impulse control
- Nicotine also changes the way synapses are formed, which can harm the parts of the brain that control attention and learning.

*(Continued)*

## **Addiction**

Each time a new memory is created, or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Because addiction is a form of learning, adolescents can get addicted more easily than adults. The nicotine in e-cigarettes and other tobacco products can also prime the adolescent brain for addiction to other drugs such as cocaine.

## **Are e-cigarettes safer than conventional cigarettes?**

Studies show that youth who use e-cigarettes are more likely to try conventional cigarettes in the future than youth who do not use e-cigarettes. There are no long-term studies to back up claims that the vapor from e-cigarettes is less harmful than conventional smoke.

## **Consequences of Use**

Consequences can limit a young person's future opportunities. Know the consequences of your actions.

- School suspensions
- Sports and activity suspensions
- Drug testing
- Court involvement
- Financial penalties/court fines
- Drug education classes
- Probation supervision
- Community work service
- Restricted driving privileges
- House arrest

*\*Note: Vaping marijuana oil/wax can lead to a gross misdemeanor or felony level charge.*

## **Partnering organizations include:**

Essentia Health

American Lung Association

St. Louis County Public Health and Human Services

Special thanks to the students from Superior, Duluth East and East Central high schools



**Essentia Health**