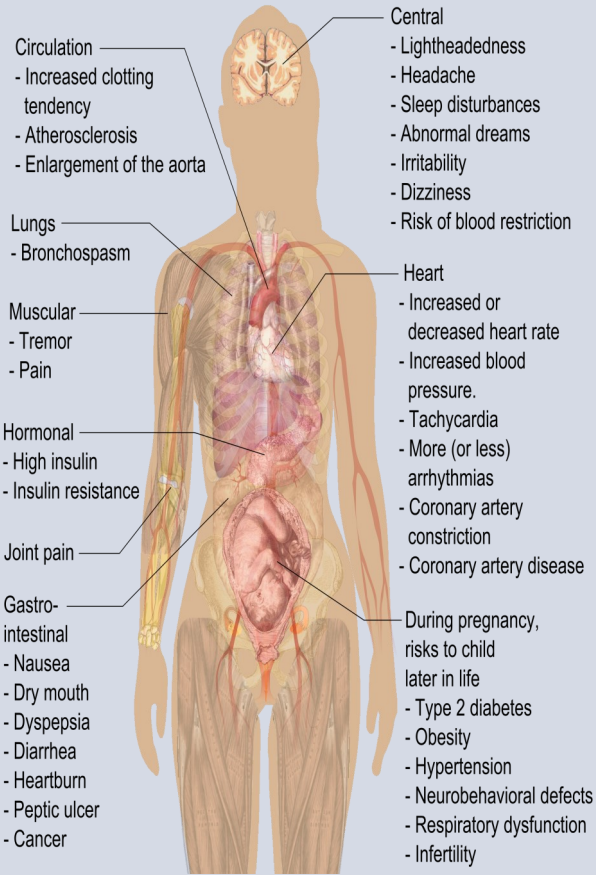


Side effects of nicotine



**Common Vapes used include:
Juul Vape and Cartridges (Left) and
Sourin Air Vape (Right)**



DID YOU KNOW?

Vapes and E-cigarettes have only been on the market since 2004. Tobacco/cigarettes have been around for 100's of years, but it was only 50 years ago that doctors and researchers could link tobacco to lung cancer and heart disease.

REMEMBER: If you inhale chemicals, natural or synthetic, you are putting your health at risk.

BE SMART—DON'T START

IF YOU NEED HELP QUITTING

Call

1-800-QUIT-NOW (1-800-784-8669)

<https://teen.smokefree.gov/800quitNow.aspx>



STUDENT ASSISTANCE SPECIALISTS

CVHS Main Building
Amanda Locke
586-723-2561
alocke@cvs.k12.mi.us

Dakota High School
MAIN and Ninth Grade
Stephanie Lange
586-723-2872
slange@cvs.k12.mi.us

CVHS Ninth Grade Center
Virginia Adams,
586-723-3151
vadams@cvs.k12.mi.us

What Do You Know About Vaping?



Chippewa Valley Schools
Student Assistance Specialists

Stephanie Lange, Dakota High School 9-12 Grade
Amanda Locke, Chippewa Valley 10-12 building
Virginia Adams, Chippewa Valley Ninth Grade Center

WHAT IS VAPE and E-CIGARETTES?

Vape and E-cigarettes are devices that can be used to inhale nicotine. (Nicotine has many dangerous chemicals and is addictive.) Vape products and E- cigarettes generally have nicotine and use flavored liquid that heats up and makes a vapor. Many people believe that since it isn't tobacco or a cigarette that it does not create health risks and is not addictive. **NOT TRUE, VAPING CAN BE ADDICTIVE!**

Let's see what you know.



What Do You Know?

1. TRUE or FALSE?

Anyone over the age of 16 can legally buy Vape or E-cigarettes products.

ANSWER: FALSE You have to be 18 to legally buy and possess tobacco products, E-cigarettes, and Vape products In Clinton Township and many other areas. Possession of Vape products under age 18 or possession on school property will result in a \$50 fine and may include going to court and paying court costs. **Tobacco related products and Vape/E-cigarettes are NOT ALLOWED on school property and WILL RESULT IN DISCIPLINE/ SUSPENSION.**

2. TRUE or FALSE?

Vapor and E-Cigarettes contain Flavoring, Nicotine, Water, Nickel (cancer causing metal), Formaldehyde (used to embalm the dead) and Acetaldehydes (used in paint stripper)

ANSWER: TRUE ALL OF THE ABOVE

The research has shown that Vaping can be a factor in all of these health problems. The flavorings in the vapor and e-cigarettes contain a chemical called DIACETYL that is associated with lung disease. This is in addition to health issues caused by other chemicals.

3. Select ALL of the TRUE Statements Regarding Nicotine

- A. Nicotine is safe
- B. Nicotine is a drug that is more addictive than cocaine or heroin
- C. Nicotine causes changes in the brain increases blood pressure, and can damage the heart.
- D. High concentrates of liquid nicotine are poisonous when swallowed or directly absorbed through skin.

ANSWER: B,C,D Nicotine has many negative health effects. Nicotine is highly addictive - YES! more than cocaine or even heroin!

NICOTINE is highly addictive, only about 7% of people who try to quit smoking on their own last at least one year.

ADDICTION: When you NEED it so bad that you cannot stop thinking about it , you become sick if you do not have it, and will do anything to get it..



4. TRUE or FALSE?

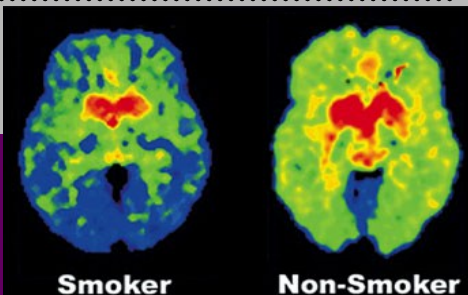
Use of Vape helps people quit smoking.

ANSWER: FALSE The Federal Drug Administration has done lots of research. They found that using vape products and E-cigarettes are **NOT EFFECTIVE** ways to stop smoking. In fact, those that use them can move on to smoke tobacco.



WARNING

E-cigarette and Vapes have been known to explode. Many people have been burned from explosions caused by issues with the batteries.



DID YOU KNOW? SOME VAPE PENS AND E-CIGARETTES HAVE BEEN USED TO SMOKE MARIJUANA, WAX, THC OIL, ALCOHOL AND OTHER DRUGS. THIS IS DANGEROUS!