



Know the Facts: E-Cigarettes & Vaping Teacher Edition



VAPING IS A GROWING PROBLEM IN SCHOOLS

Vaping has impacted schools across the country. E-cigarettes and vaping popularity has increased among middle and high school students. Many students do not realize that using these products has serious health consequences due to the harmful chemicals in the e-liquid. Vaping may affect students' academic performance, as well as their mental health, physical well being, and participation in extracurricular activities.



HOW TO SPOT A VAPING DEVICE?

E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid. E-cigarettes can range in size from as small as a pen to as big as a smartphone. Some e-cigarettes look like manufactured cigarettes, cigars, or pipes. Some look like USB flash drives, pens, highlighters, toys, and other types of school supplies.

HOW ARE STUDENTS GETTING VAPE DEVICES?

Students often get vapes from informal sources as they are under the legal age to purchase these devices. Recent studies show that among U.S. middle and high school students who used e-cigarettes in 2021:

- 32.3% got them from a **friend**
- 31.1% bought the products **themselves**
- 28.7% had **someone else** buy the products for them
- 21.7% had **someone offer** the products to them

Other informal sources include family members and buying from people online or on social media.



HOW DO I KNOW IF MY STUDENT IS VAPING?

Here are some signs to look out for if you are concerned that your student is vaping:

- **New smells** (vapes come in all kinds of flavors so be on the lookout for fruity or sweet scents)
- **New or increased health issues** such as coughing, wheezing, sore throat, difficulty breathing or nausea
- E-cigarette supplies such as **cartridges, pods, or unusual devices** (e.g. a new USB drive)
- **Nicotine withdrawal** which can include irritability, cravings, restlessness, difficulty concentrating, and mood swings



HOW DO I TALK TO MY STUDENTS ABOUT VAPING?

Teachers play an important role when it comes to preventing youth from vaping. Research shows that when teachers talk about the health consequences of vaping to students, and students have access to vaping education, students may be less likely to vape.

Before you talk to your students:

- Do your **research** and know the facts
- Take an **open** and **calm** approach
- Put yourself in your **student's shoes**

While you are talking:

- Ask your student **open-ended** questions
- **Avoid scare tactics** and lecturing
- **Connect** with their **interests** and explain how vaping can have a negative impact



After you talk:

You can help your student manage stress and peer pressure by:

- Creating a **safe space** to talk
- Having consistent **check-ins**
- Brainstorming healthy ways to **"destress"**

HOW TO GET PARENTS INVOLVED?

Parents and educators have the power to work together to provide students with resources on vaping prevention and quitting. Possible opportunities include:

- Have **educational** vaping **sessions** for parents
- Provide parents **vaping resources**
- Create a **dialogue sheet** on how to talk to students about vaping

RESOURCES

Text **DITCHVAPE** to **88709**

Vist **RespHealth.org/quit-vaping-resources** for more information.

Respiratory Health Association offers vaping education for students, school staff, and parents. Please contact **info@RespHealth.org** for more information.

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