

# HOPE4Youth NEWSLETTER

OCTOBER 2023

## MEET OUR IMPACT COUNCIL MEMBERS

In the coming months, we will be introducing you to members of the HOPE4Youth Impact Council. These individuals are a passionate group of youth dedicated to making a positive impact in the lives of their peers and community. The Impact Council works collaboratively to address issues related to youth substance use and mental health. We encourage you to engage with them, share your ideas, and join hands in creating a more supportive and drug free environment.



### Nicholas Rowland

Nicholas Rowland is a Junior at Pryor High School and is a member of STUCO, Impact Council, Scout Troop 83, Lifesmarts, Mu Alpha Theta, NHS, and Section Leader of the high school drumline. He is also the 1st Sgt at the Riverside Composite squadron of CAP and on the Student Advisory Panel for AOPA.

#### **Nicholas why do you choose to be drug and alcohol free?**

I choose to be drug and alcohol free because I know what drugs and alcohol can do to not only myself but others around me.

### Aniston Stout

Aniston Stout is an 8th grader at Pryor Middle School and is a member of the Impact Council, Pryor FFA Speech Team, and is on the Pryor Middle School volleyball, girls wrestling, and golf teams. Aniston plays competitive golf with the PGA Jr. League in Broken Arrow where her team qualified to compete for a spot to represent Oklahoma in the PGA Jr. National Championship tournament. Outside of athletics, she enjoys hunting and fishing.

#### **Aniston why do you choose to be drug and alcohol free?**

I choose to be drug and alcohol free because I'm involved in sports and I know what alcohol and drugs will do to your health and how it can affect your performance.



# Understanding Vaping and Other Tobacco Product Use Among Youth

It is unsafe for kids, teens, and young adults to use e-cigarettes (also known as vapes) and other tobacco products. As an educator, you can talk with students about the risks of using these products.

## What Can You Do as an Educator?

Educators are an important source of health information for students.

You can help students:

- Develop healthy skills for addressing stress and anxiety.
- Recognize and resist the social pressure to vape.
- Understand the risks of vaping.

Educators can empower students to quit vaping and support them in living lives free from nicotine addiction.

## What Are E-cigarettes (or Vapes) and How Do They Work?

E-cigarettes are devices that heat a liquid into an aerosol, which a person breathes in. Other people can also breathe in this aerosol when the person vaping breathes out.

The aerosol produced by an e-cigarette usually has flavoring, nicotine, and other harmful and potentially harmful chemicals in it. Nicotine is a highly addictive substance.

## What Do Vapes Look Like?

Vapes come in many shapes and sizes. Some are designed to look like ordinary products (e.g., colorful highlighters, USB flash drives, or other electronic devices). Others look like cigarettes, cigars, or pipes. Vapes can be as small as a pen or as big as a smartphone.

There are many types of vapes, including disposable, rechargeable, and refillable devices. Vapes are often brightly colored and are available in flavors that appeal to young people, like fruit, candy, menthol, and mint.



To learn more, visit [CDC.gov/Vaping](https://www.cdc.gov/Vaping).

## Why Is Vaping Unsafe for Youth?

Brain development continues until about age 25, and nicotine exposure can harm the developing brain. Also, youth use of nicotine can lead to nicotine addiction and may increase the risk for future addiction to other substances.

## What Are the Health Effects of Vaping for Youth?

E-cigarettes typically contain nicotine, as well as other harmful and potentially harmful chemicals.

- Nicotine exposure during adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.
- Youth might vape to deal with stress or anxiety, creating a cycle of nicotine dependence. But nicotine addiction can also be a source of stress.
- Some youth who use e-cigarettes or cigarettes also report symptoms of depression and anxiety. Nicotine withdrawal symptoms include irritability, restlessness, feeling anxious or depressed, trouble sleeping, problems concentrating, and craving nicotine.

## What Are Other Names for Vapes?

E-cigarettes or vapes are known by many different names. Youth sometimes call them “e-cigs,” “e-hookahs,” “mods,” “nic sticks,” or “vape pens.” They also might refer to them by brand names.

## What Other Tobacco Products Do Youth Use?

E-cigarettes have been the most commonly used tobacco product among youth in the United States since 2014. However, youth might also use cigarettes, cigars, and smokeless tobacco, including nicotine pouches. About 30% of youth who report current tobacco use report using more than one type of product. Youth who use multiple products are at higher risk for developing nicotine dependence and might be more likely to continue tobacco use into adulthood.



To learn more, visit [CDC.gov/Vaping](https://www.cdc.gov/Vaping).



# How to Talk to Students About Vaping

As an educator, you play an important role in the lives of your students. You can make a real difference by engaging in meaningful conversations about the dangers of e-cigarette use (also known as vaping) for young people and ways to quit.

- Share that most students do *not* vape or use other tobacco products—and most students who vape want to quit
- Provide students with tips for coping with stress in healthy ways, such as physical activity, the arts, and connecting with nature.
- Acknowledge the social pressure to vape that students might be facing from peers, social media, enticing flavors, and targeted ads from the tobacco industry.
- Encourage students who vape to quit
- Encourage them to tap into their support system by reaching out to family, friends, or educators who can help them quit



## Resources to Help Young People Quit

Encourage students to talk with their doctor or school nurse and connect with support services like:



**Smokefree Teen** from the National Cancer Institute has information, tips, tools, and live web-based support for teens interested in quitting tobacco use: [Teen.smokefree.gov](https://teen.smokefree.gov).



**SmokefreeTXT for Teens** is a text-based program from the National Cancer Institute to help young people quit tobacco use: [Teen.smokefree.gov/txt-teen](https://teen.smokefree.gov/txt-teen).



**1-800-QUIT-NOW** connects teens to their state quitline where they can get free and confidential support from a quit coach and get connected to additional resources: [CDC.gov/Quitline](https://www.cdc.gov/quitline).

To learn more, visit [CDC.gov/Vaping](https://www.cdc.gov/Vaping).

# Health Impacts of Vaping: Quick Facts

- The use of tobacco products in any form, including vapes, is unsafe for kids, teens, and young adults.
- Most vapes contain nicotine, which is highly addictive and can harm adolescent brain development. Adolescent brain development continues until about age 25.
- Nicotine exposure during adolescence can impact students' learning, mood, and attention.
- The aerosol from vapes can contain harmful and potentially harmful substances, including:
  - Cancer-causing chemicals
  - Heavy metals (such as nickel, tin, or lead)
  - Ultrafine particles
  - Flavorings such as diacetyl (a chemical linked to serious lung disease)
- When a person becomes addicted to nicotine and stops using it, their body and brain must get used to not having nicotine. This can result in temporary symptoms of withdrawal, including feeling anxious or depressed or having trouble concentrating. Youth might keep using nicotine to help relieve these symptoms.
- Youth might turn to vaping to try to deal with stress or anxiety, creating a cycle of nicotine dependence. But nicotine addiction can also be a source of stress.



To learn more, visit [CDC.gov/Vaping](https://www.cdc.gov/Vaping).

