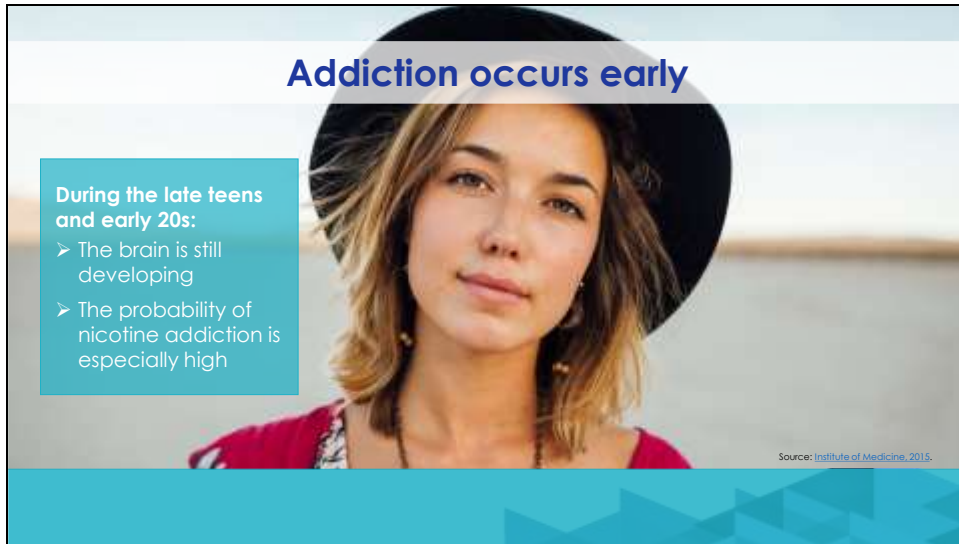

<h2>Electronic Nicotine Delivery Systems for Schools</h2>		
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Addiction occurs early

During the late teens and early 20s:

- The brain is still developing
- The probability of nicotine addiction is especially high

Source: Institute of Medicine, 2015.

While tobacco use first starts as a choice, it quickly becomes a deadly addiction—and the probability of addiction is especially high for young people. During the late teens and early 20s, the brain is still developing and is more vulnerable to the addictiveness of nicotine.

90% of tobacco and e-cigarette users are addicted by the age of 18 years old
95% before the age of 21

Strength of a Pack		
NOTE: ALL SALT-BASED E-JUICE/LIQUID CONTAINS NICOTINE!		
	Amount	Equivalent
1 pack cigarettes 	20 cigarettes (contains 8mg per cigarette, but only inhale 1mg)	
1 JUULpod 	0.7 mL pod "5% nicotine by volume"	
1 PHIX pod 	1.5 mL pod "5% nicotine by volume"	
1 Suorin pod 	2 mL cartridge "5.4% nicotine by volume"	

Teacher Talking Points:

- Unlike other e-juices which may or may not contain nicotine, ALL SALT-BASED E-JUICE CONTAINS NICOTINE!
- According to JUUL Labs, one JUULpod contains 59 mg/mL of nicotine.
- This amount is equal to the amount of nicotine you'll find in a pack of cigarettes (20 cigarettes). When you think of a JUULpod, think of a pack of cigarettes (*click*).
- As mentioned before, this is a high amount and can be harsh for first-time users. Our concern is that young people are being introduced to a high amount of nicotine and becoming addicted as a result.
- 1 PHIX pod contains 1.5 mL of e-liquid, is 5% nicotine by volume (*click*) which is equivalent to two packs of cigarettes.
- 1 Suorin Vagon cartridge contains 2 mL of e-liquid at 5.4% nicotine by volume and could potentially contain up to 160 mg of nicotine, or the equivalent of up to three packs (*click*).

Reference:

<https://vapingdaily.com/nicotine-in-cigarette/>

Images:

Cigarette: <https://www.istockphoto.com/ae/photos/package-of-cigarettes?excludenudity=true&mediatype=photography&phrase=package%20of%20cigarettes&sort=mostpopular>

Phix Pod: <https://phixvapor.com/>

Suorin: <http://www.suorin.com/vagon>

E-Cigarettes/Vape Pens: Just Water Vapor?



Teacher Talking Points:

- For so many years consumers were told that the clouds made by e-cigarettes/vape pens was "just water vapor."
- Do you think that is true? (*click*)

It's an Aerosol, Not a Vapor



Teacher Talking Points:

- E-cigarettes/vape pens allow the user to make large clouds that many think are just water vapor.
- In reality the 'cloud' is a mixture of many different chemicals that were either present in the e-liquid before or produced during the heating process (*click*).
- A vapor is a chemical that has evaporated.
- An aerosol is a mixture of liquid particles suspended in a gas and can contain many chemicals.
- Instead of just mixing with the air like a pure gas, aerosols can leave drops behind.
- This painting (*click*) by Mark Tansey illustrates this point.

Electronic Nicotine Products that are
being used

Slide 7



MarkTen more common than PHIX

Slide 8



Always has THC

Slide 9

JUUL (Common at PMHS)



Buys from 18 year olds. JUULs kept in sleeve, breath into hoodie, smoke in bathrooms (especially locker rooms)

Slide 10



Buy online, stronger than JUUL pod

Slide 11







- 3 pod cartridge tanks per pack.
- Up to 400 puffs per pod cartridge tank.
- Equivalent to one pack of cigarettes of Nicotine

Slide 14





Sourin Air (Common at PMHS)



More common than Sourin Drop



Common in Creekside, Bartram, and Pacetti Bay



Slide 19



Popular (Pedro) because they are refillable

Slide 20



Mi Pod

Slide 21



Cool Fire

Slide 22



Cue

Slide 23



Cheaper version of JUUL



Slide 25



Laan Lite, refillable pod system

Discipline

When a student is found in possession of vaping device on campus:

- SRO Writes a Tobacco Citation
 - \$30 Dollar fine and mandatory Tobacco Awareness Course
- 1 Day Out of School Suspension

Helpful Resources

- **Stanford Tobacco Prevention Toolkit**

<https://med.stanford.edu/tobaccopreventiontoolkit.html>

- **CDC Information on E-Cigarettes and Vapes**

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm

- **CDC "Talk with your Teen about E-Cigarettes"**

https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf

QUESTIONS?

Electronic Nicotine Delivery Systems for Schools



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