



# THE VAPING EPIDEMIC

A Toolkit for Educators and Administrators in Southern Nevada



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# DEAR EDUCATORS & ADMINISTRATORS:

The Southern Nevada Health District is working with educators and administrators of middle schools and high schools in Clark County to share information about tobacco electronic vapor products and cessation resources for students.

This toolkit contains digital and print resources to support vaping prevention, cessation, and the long-term health of Clark County's youth.

In addition, this toolkit outlines ways that educators and administrators can help protect the health of students by sharing information, referring students to cessation resources like My Life, My Quit, and creating a healthy learning environment.

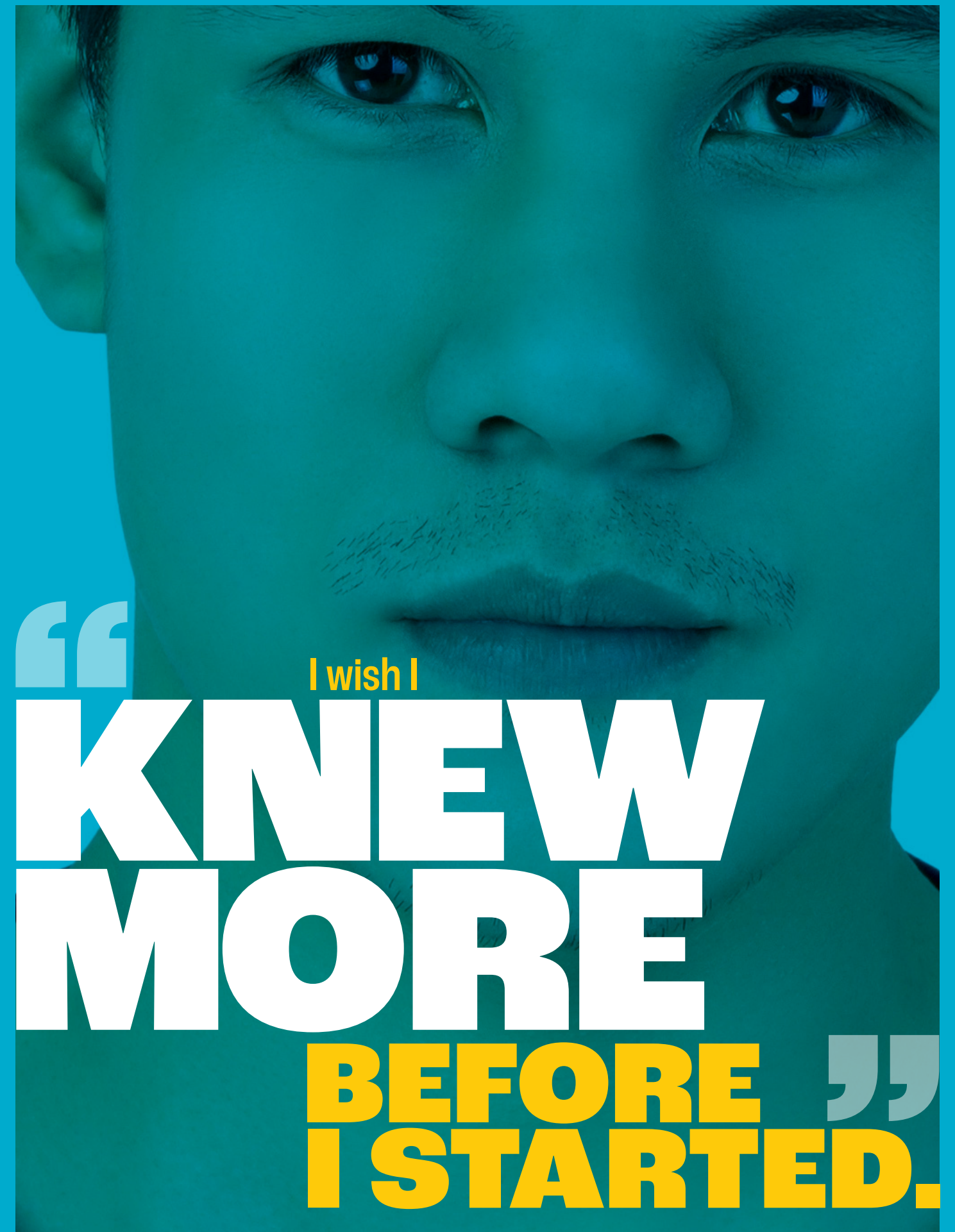
This toolkit also provides information on smoking cessation as an alternative to school suspension to support the long-term success of Southern Nevada students.

## You can visit [www.getthehealthyclarkcounty.org](http://www.getthehealthyclarkcounty.org) to:

- Access free resources to help students to quit smoking
- Order free signage to promote cessation and healthy learning environments
- Explore the My Life, My Quit cessation program, which offers free and confidential resources to anyone under the age of 18
- Sign up to receive the SNHD Tobacco Control Program's Monthly Newsletter

To obtain additional assistance please call the Southern Nevada Health District Tobacco Control Program at 702- 759-1270 or email [TobaccoProgram@snhd.org](mailto:TobaccoProgram@snhd.org). For more information on the My Life, My Quit program, visit

[www.nv.mylifemyquit.org](http://www.nv.mylifemyquit.org).



# FACT vs. FICTION

✓ Tobacco smoke contains at least **250 harmful chemicals**, around 70 of which are known to **cause cancer**.

✓ **Teens who use electronic vapor products** go on to **smoke cigarettes**.

✓ Cigarette smoking is responsible for **more than 480,000 deaths** per year in the United States.

✗ **Most teenagers smoke**.

✗ **The vapor** produced by **electronic vapor products** consists **primarily of water**.

✗ **The flavorings** used in electronic vapor products are **safe to inhale**.

**Sources:**

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)

<https://www.lung.org/getmedia/3396007b-709f-43b5-821f-da7bd1a0d440/e-cigarettes-schools.pdf.pdf?ext=.pdf>

[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/fast\\_facts/index.htm#:~:text=Cigarette%20smoking%20is%20responsible%20for,or%201%2C300%20deaths%20every%20day.&text=On%20average%2C%20smokers%20die%2010%20years%20earlier%20than%20nonsmokers](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm#:~:text=Cigarette%20smoking%20is%20responsible%20for,or%201%2C300%20deaths%20every%20day.&text=On%20average%2C%20smokers%20die%2010%20years%20earlier%20than%20nonsmokers)



In 2019

# 19.2%

## OF HIGH SCHOOL STUDENTS

& 10.2% of middle school students in Clark County reported using e-cigarettes in the last 30 days.

## KNOW THE FACTS

■ 700,000+ high school students currently smoke combustible cigarettes nationwide.

■ 43.6% of high school students reported using e-cigarettes on  $\geq 20$  of the past 30 days, among current e-cigarette users nationwide.

■ 17.2% of middle school students reported using e-cigarettes on  $\geq 20$  of the past 30 days, among current e-cigarette users nationwide.

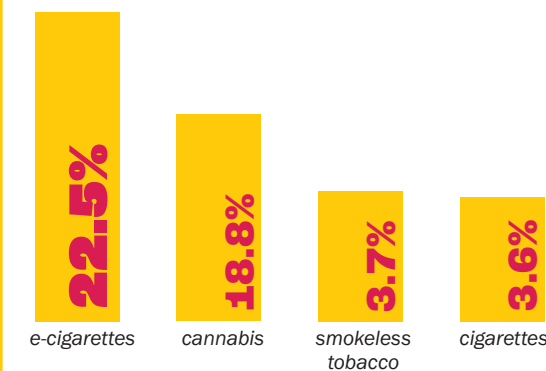
■ E-cigarettes are unsafe for kids, teens, and adults. Adolescent nicotine use can increase the risk of substance misuse and addiction, mood disorders, and permanent lowering of impulse control.

■ ~90% of all adult smokers began smoking at or before age 18.

■ Evidence shows that the vape industry illegally markets to youth, targeting teens to create lifelong addictions.

■ Smoking at a young age increases the risk of smoking-related illnesses such as heart disease, stroke, cancers, and early death.

**Tobacco & Cannabis Use Among Nevada High School Students**



■ E-cigarettes are the most popular tobacco product used by middle and high school students.

■ 1 in 5 high school students and 1 in 20 middle school students currently uses e-cigarettes nationwide.

## THE GOOD NEWS

It is important to note that most teens do not use tobacco products.

In fact, 3 out of 4 high school students do not use tobacco products.

Nationwide, almost two-thirds (65.3%) of students who used tobacco in 2021 reported seriously thinking about quitting.

**Sources:**

<https://www.tobaccofreekids.org/>  
<https://e-cigarettes.surgeongeneral.gov/>  
<https://www.cdc.gov/media/releases/2021/p0930-e-cigarette.html>  
<https://www.lung.org/getmedia/3396007b-709f-43b5-821f-da7bd1a0d440/e-cigarettes-schools.pdf.pdf?ext=.pdf>  
[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/youth\\_data/tobacco\\_use/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm)  
<https://www.unr.edu/public-health/research-activities/nevada-youth-risk-behavior-survey>

# ABOUT ELECTRONIC VAPOR PRODUCTS

## What are electronic vapor products?

Electronic vapor products are known by many different names. They are sometimes called “e-cigarettes,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).”

- Using electronic vapor products is sometimes called “vaping.”
- Electronic vapor products come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.
- Electronic vapor products can be used to deliver cannabis and other drugs.

In 2021, the most used electronic vapor product device type among youth was disposables (53.7%), followed by prefilled or refillable pods or cartridges (28.7%), and tanks or mod systems (9.0%).

## What is in E-Cigarette Vapor?

E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products—flavorings, and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air. The e-cigarette vapor or aerosol that users breathe and exhale from the device can contain **potentially harmful substances**.

## It is difficult for consumers to know what electronic vapor products contain.

For example, some electronic vapor products marketed as containing zero percent nicotine have been found to contain nicotine.



**nicotine**

**volatile organic compounds**

**diacetyl, a flavoring linked to serious lung disease**

**ultrafine particles**

**cancer-causing chemicals**

**heavy metals, such as nickel, tin and lead**



“They tell you it’s  
**JUST WATER VAPOR.**”

### Sources:

<https://www.cdc.gov/media/releases/2021/p0930-e-cigarette.html>

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/about-e-cigarettes.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html)



# HEALTH IMPACTS OF ELECTRONIC VAPOR PRODUCTS

Electronic vapor products are still fairly new, and scientists are still learning about their long-term health effects. Here is what we know:

Smoking at a young age increases the risk of smoking-related illnesses such as heart disease, stroke, cancers, and early death.

**Youth who use electronic vapor products are more likely to become chronic smokers,** experience nicotine addiction, and have damage to their developing brains.

Besides nicotine, e-cigarette aerosol (vapor) can contain substances that harm the body. This includes cancer-causing chemicals and tiny particles that reach deep into the lungs.

E-cigarette batteries can cause fires and explosions resulting in serious injuries.

Children and adults can be poisoned by swallowing, breathing, or absorbing e-cigarette liquids through the skin.

**Using electronic vapor products that contain nicotine has known health effects.**



Nicotine is **highly addictive**.

Nicotine can harm **adolescent brain development**, which continues into the early to mid-20s.



Nicotine is a health danger for **people who are pregnant** developing fetuses, and babies.

# DISPARITIES IN E-CIGARETTE USE

While e-cigarette use is common across all racial/ethnic groups, there are significant racial and ethnic disparities in tobacco use rates.

Nationwide, tobacco use is highest among **Native Hawaiian and other Pacific Islander youth**, as well as American Indians and Alaska Natives.

In Nevada, **Hispanic/Latinx high school students** use tobacco products at a higher rate than any other race.

Hispanic/Latinx and multiracial high school students in Nevada use e-cigarettes at a higher rate than all other races, excluding White youth.

Disparities in electronic vapor product use are **worsened by targeted advertising, marketing, and promotions**. For example, menthol and other flavored tobacco products heavily target

African American and Black communities. Similarly, tobacco companies sponsor activities linked with the cultural traditions of American Indians and use tribal icons and logos to increase purchases.

**Racially diverse neighborhoods are often targeted by more tobacco sellers** and have higher rates of marketing for flavored tobacco products. Additionally, tobacco products are often sold at lower prices in these neighborhoods to increase sales.

Tobacco use rates are also higher for lesbian, gay, and bisexual youth than for their heterosexual peers. Potential risk factors among LGBT youth include a lack of support from family and peers, depression, low self-esteem, and stress.

## Sources:

[https://www.cdc.gov/mmwr/volumes/67/wr/mm6734a3.htm?s\\_cid=mm6734a3\\_w](https://www.cdc.gov/mmwr/volumes/67/wr/mm6734a3.htm?s_cid=mm6734a3_w)  
<https://www.tobaccofreekids.org/assets/factsheets/0415.pdf>  
<https://nccd.cdc.gov/youthonline/app>

# ALL ABOUT FLAVORING

E-liquid is a liquid that is converted into an aerosol by electronic vapor products. It is typically a mixture of nicotine, water, food-grade flavoring, propylene glycol (PG), or vegetable glycerin (VG).

Flavoring plays a significant role in enticing youth and young adults to try tobacco products.

**Bright, colorful packaging, sweetened flavors, and fun names** often target youth to try vaping products. In fact, flavored products are often the first tobacco products youth and young adults ever use.

Studies show that most youths perceive flavored tobacco products as being less harmful than traditional cigarettes. However, **they are not safe.**

E-cigarettes expose the user to many harmful toxins. Flavoring can also mask the harshness of tobacco, which may make smoking more tolerable.

E-cigarettes pose a higher risk for addiction than regular cigarettes, as these products can deliver nicotine faster and more intensely than combustible cigarettes.

Overall, **youth who use flavored tobacco products are more likely to become chronic smokers**, experience nicotine addiction, and cause damage to their developing brains.

The Food and Drug Administration now prohibits flavors, with an exemption for the flavor menthol, in e-cigarette products that use closed-system e-liquid cartridges.

This means that menthol flavors can be used in all forms, while all flavored e-liquids such as cotton candy or blue raspberry used in disposables and refillable cartridges can remain on the market.

To learn more about flavoring, visit [www.attractingaddictionnv.com](http://www.attractingaddictionnv.com)

## The most popular flavor types used by middle school and high school students

### Fruit

**Candy, desserts, or other sweets**

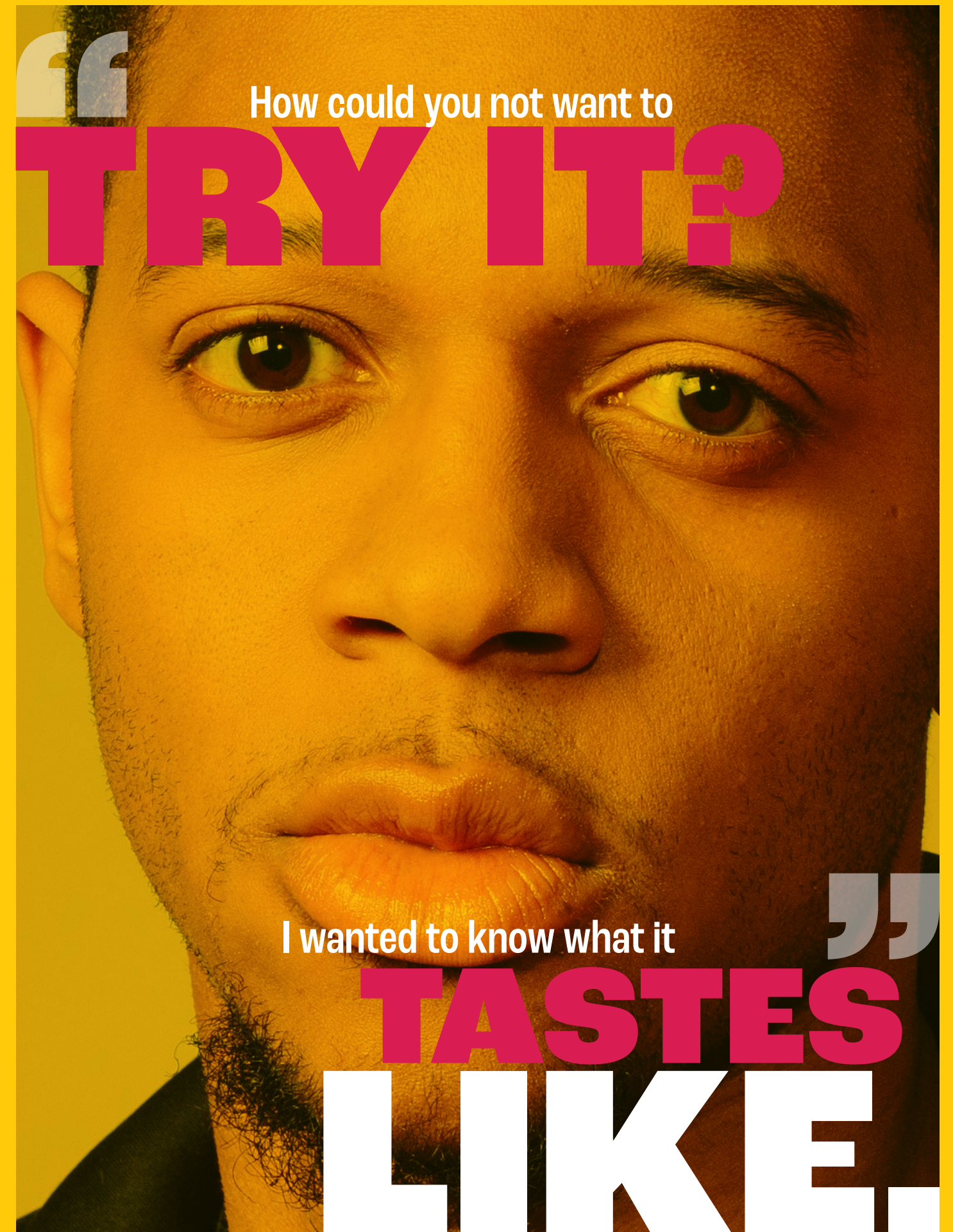
### Mint

### Menthol

**Alcoholic drink**

**Chocolate**

**Clove or spice**





# IDENTIFYING ELECTRONIC VAPOR PRODUCTS

Electronic vapor products come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.

Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Others resemble pens, USB sticks, and other everyday items.



## E-cigarettes are made of several parts, including:

### The cartridge:

This holds e-liquid and can come pre-filled or refillable. It is made of a mixture of substances that includes nicotine and/or flavoring.

### The atomizer:

This coil heating element converts e-liquid to aerosol (airborne droplets).

### The sensors:

This is used to turn on the device. Some e-cigarettes do not have sensors, but instead, turn on when the user inhales through the device.

### The battery:

This is a rechargeable lithium-ion battery, which provides enough current to heat the atomizer to 400 degrees Fahrenheit within seconds.

#### Sources:

<https://www.tobaccofreekids.org/>  
<https://e-cigarettes.surgeongeneral.gov/>  
<https://www.cdc.gov/media/releases/2021/p0930-e-cigarette.html>  
<https://www.lung.org/getmedia/3396007b-709f-43b5-821f-da7bd1a0d440/e-cigarettes-schools.pdf.pdf?ext=.pdf>  
[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/youth\\_data/tobacco\\_use/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm)  
<https://www.unr.edu/public-health/research-activities/nevada-youth-risk-behavior-survey>

# SIGNS YOUR STUDENT OR CHILD IS VAPING

To keep youth safe from the dangers of vaping, educators, administrators, and parents should be aware of these warning signs:

- |                              |  |
|------------------------------|--|
| ■ Shortness of breath        | ■ Sleep disturbance  |
| ■ Throat clearing            | ■ Seizures   |
| ■ Chest pain                 | ■ Behavior changes, mood swings, agitation, or withdraw  |
| ■ Smoker's cough             | ■ Increased sensitivity to caffeine or jitteriness   |
| ■ Lung infections            | ■ Secretive attitude   |
| ■ Difficulty tasting         | ■ Unknown deliveries or increased spending   |
| ■ Dry mouth                  | ■ An unexplained sweet scent   |
| ■ Drinking more              | ■ White vapor or smoke   |
| ■ Craving more salt or spice | ■ Frequent bathroom pass requests  |
| ■ Mouth sores                | ■ Unusual packages or items such as batteries, chargers, USB drives, cartridges, small highlighters, or pens |
| ■ Changes in eating habits   | ■ Residue on surfaces, especially glass  |
| ■ Nausea or vomiting         |  |
| ■ Weight loss                |  |
| ■ Nosebleeds                 |  |
| ■ Dry eyes                   |  |
| ■ Skin damage                |  |





# CANNABIS

Cannabis is a psychoactive drug derived from the Cannabaceae (hemp) plant family. The words cannabis, marijuana, hemp, and hash are interchangeable terms used when referring to this controversial plant.

**Cannabis contains approximately 400 chemicals**, with delta-9-tetrahydrocannabinol (THC)—the chemical responsible for a euphoric high feeling—being the main active chemical.

The dried plant portions can be smoked or processed as food and drink additives. The extracts can make oils or wax.

Like nicotine and flavored liquids, marijuana concentrates can be used with electronic vapor products.

Just like smoking, vaping marijuana can result in bloodshot eyes, dry mouth and thirst, increased appetite, and shifts in behavior and mood.

**Vaping cannabis is not safer than smoking it.** The way that the marijuana product is heated can expose users to EVALI (E-Cigarette or Vaping Product-Use Associated Lung Injury), harmful cancer-causing chemicals, and marijuana poisoning. Products like vaporized concentrated waxes and oils may also contain more THC.

**Cannabis secondhand smoke is just as dangerous as secondhand smoke from tobacco.** It exposes bystanders to many of the same toxins and cancer-causing chemicals found with tobacco smoking due to its similar chemical makeup.

Cannabis secondhand smoke can:

- Damage the heart and lungs
- Cause children to experience the same illnesses caused by secondhand tobacco smoke
- Have traceable levels of THC, detectable by blood and urine test
- Deliver psychoactive “high” effects and impairments caused by THC

Nevada is one of 18 states to legalize recreational marijuana, increasing use among state residents.



## Cannabis Use Among Youth

**In Nevada, 1 in 5 high school students currently uses cannabis.**

Research shows that about 1 in 10 marijuana users will become addicted. When individuals begin using cannabis before the age of 18, that number rises to 1 in 6.

**Cannabis use may cause damage and physical changes to a teen’s brain.** As brain development continues until around their mid-20s, this damage can be permanent.

**Studies have revealed marijuana could lower teens’ IQ.** Students who use marijuana products regularly may have trouble concentrating, solving problems, learning new information, retaining information and new memories, paying attention, and processing thoughts. Frequent and long-term use is linked to increased dropout rates and reduced academic achievement.

Studies show that the top reasons why students use marijuana are to know what it’s like, peer pressure, boredom, to feel better, and just to get high. Peer pressure is the second most common reason for youth marijuana use.

## Signs of Use

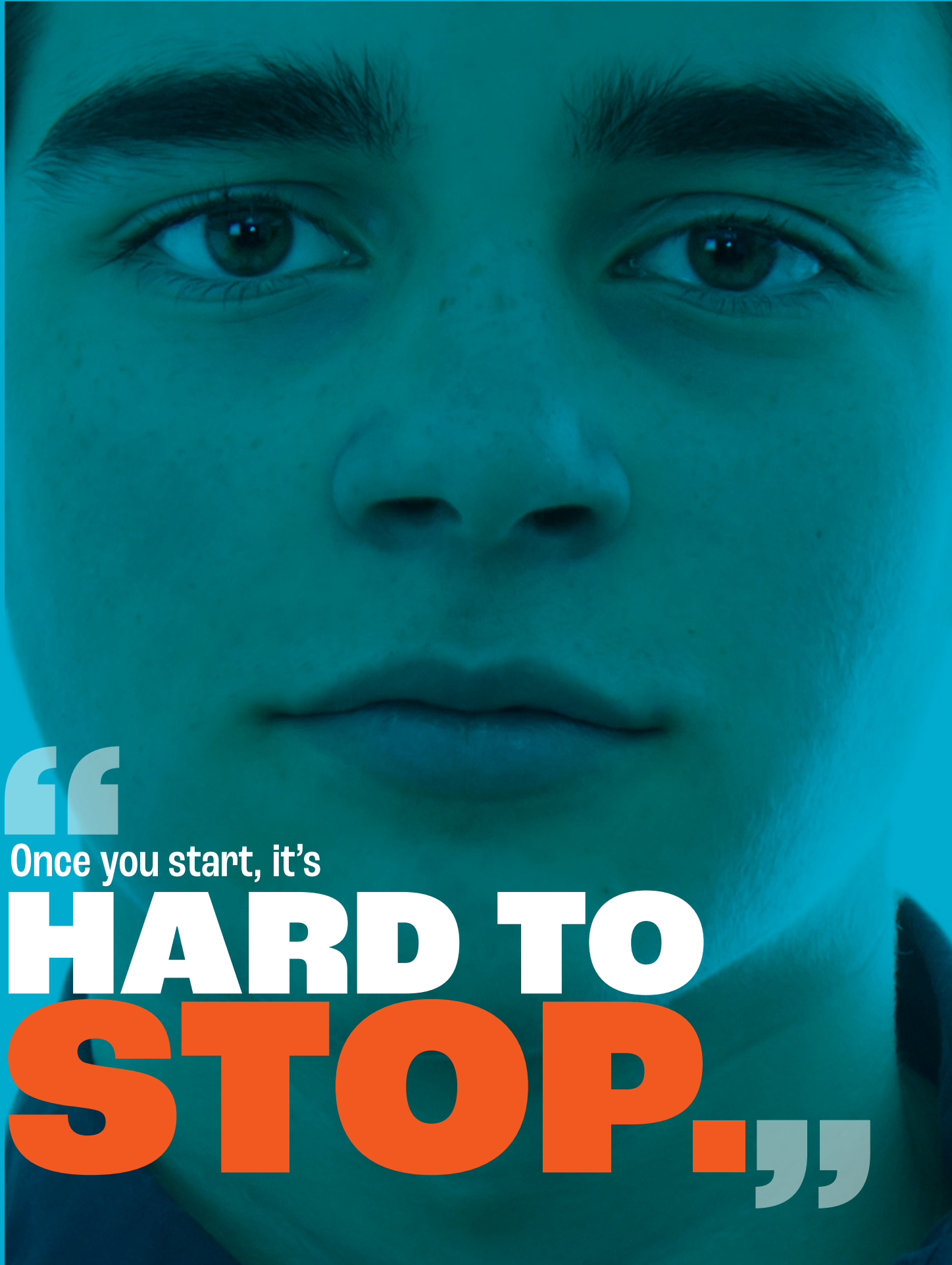
Noticing behavior changes may prevent the negative impact marijuana can have on students’ lives. The following are changes that could indicate substance abuse or other problems that need to be addressed:

- **Lack of concern with hygiene and appearance**
- **Unusual mood changes and disinterest in hobbies and extracurricular activities**
- **Stressful or difficult peer relationships**
- **Lowered academic success**
- **Appear to be unusually happy and giggly**
- **Uncoordinated movement**
- **Bloodshot or red eyes**
- **Forgetfulness**
- **Regular use of eye drops, incense, perfume, or other odor eliminating products**
- **Strange smells on clothes and personal items**
- **Possessing drug paraphernalia or items that support drug use**



**Learn more at [www.cannabisfactsnevada.org](http://www.cannabisfactsnevada.org)**

**Sources:**  
<https://cannabisfactsnevada.org/en/demographic/teachers-and-school-officials/>  
<https://www.unr.edu/public-health/research-activities/nevada-youth-risk-behavior-survey>  
<https://www.cdc.gov/marijuana/health-effects/teens.html#:~:text=How%20many%20teens%20use%20marijuana,in%20the%20past%2030%20days.&text=Past%20year%20vaping%20of%20marijuana,increases%20in%202018%20and%202019>



# HEALTH BENEFITS OF QUITTING TOBACCO PRODUCTS

## Mental Health

Many teens use nicotine in an attempt to alleviate depression, stress, or anxiety. However, using tobacco products may make these symptoms worse. Quitting is associated with lower levels of anxiety, depression, and stress, as well as improved positive mood and quality of life, compared with continuing to smoke.

## Physical Health

Minutes after quitting tobacco use, the body begins to heal.

<i>After Quitting</i>	<i>Health Benefits</i>
Minutes	Heart rate drops.
24 hours	Nicotine level in the blood drops to zero.
Several days	Carbon monoxide level in the blood drops to the level of someone who does not smoke.
1 to 12 months	Coughing and shortness of breath decrease.
1 to 2 years	Risk of heart attack drops sharply.
3 to 6 years	Added risk of coronary heart disease drops by half.
5 to 10 years	Added risk of cancers of the mouth, throat, and voice box drops by half. Risk of stroke decreases.
10 to 15 years	Added risk of lung cancer drops by half. Risk of cancers of the bladder, esophagus, and kidney decreases.
15 years	Risk of coronary heart disease drops to close to that of someone who does not smoke.
20 years	Risk of cancers of the mouth, throat, and voice box drops to close to that of someone who does not smoke. Risk of pancreatic cancer drops to close to that of someone who does not smoke. Added risk of cervical cancer drops by about half.

**Sources:**  
[https://www.cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/benefits/index.htm](https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/index.htm)  
<https://truthinitiative.org/research-resources/targeted-communities/3-ways-vaping-affects-mental-health>



# MY LIFE, MY QUIT

The My Life, My Quit program is a free and confidential service developed for teens who want help quitting all forms of tobacco, including electronic vapor products.

All My Life, My Quit tobacco treatment specialists have completed extensive training on adolescent cognitive and psychosocial development from a psychologist and professor at Stanford University who specializes in adolescent tobacco prevention.

By enrolling, teen participants receive:

- Five one-on-one coaching sessions, usually scheduled every 7-10 days. Coaching helps teens develop a quit plan, identify triggers, practice refusal skills, and receive ongoing support for changing behaviors.
- Self-help and educational materials designed for teens, with input from teens.
- Support by phone, text message, or online chat.

As an educator or administrator, you have as much (or more) contact with teens as their parents and health care professionals. The messages you provide often shape their behavior choices.

Your promotion of the My Life, My Quit program is important to teens looking for resources to quit using tobacco.

**For FREE help to quit  
smoking or vaping:**

**TEXT:**  
**“Start My Quit” to 36072**

**CALL:**  
**855-891-9989**



**Learn more at [www.nv.mylifemyquit.org](http://www.nv.mylifemyquit.org)**



# INDEPTH: AN ALTERNATIVE TO SCHOOL SUSPENSION

Many schools struggle to determine how to address vaping in their communities and school buildings. In 2021, approximately 20% of teens nationwide reported current use of electronic nicotine products. School administrators recognize that suspending 20% of high school students is not a realistic response.

**Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH)** is a new, convenient alternative to suspension or citation that helps schools and communities address the teen vaping problem in a more supportive way. Instead of focusing on punishments, INDEPTH teaches students about nicotine dependence, establishing healthy alternatives, and overcoming addiction.

Developed by the American Lung Association in partnership with the Prevention Research Center of West Virginia University, this free educational program is available for any school or community to establish to help youth to make healthier choices.

**INDEPTH can be taught by any trained adult in four 50-minute sessions.** Each session addresses a different tobacco-related issue and can be facilitated either in a one-on-one or group setting.

This program aims to educate students about nicotine dependence and cravings and ultimately guide them through the process of identifying their own reasons for chewing, smoking, or vaping tobacco products.



## Session 1

Getting the Facts: Breaks down the program for participants

## Session 2

Nicotine Dependence: Explains the harmful effects of nicotine and tobacco products

## Session 3

Alternatives: Helps teens understand their urges and identify healthy alternatives to replace tobacco use.

## Session 4

Past, Present, Future: Talks about next steps and how to avoid future tobacco-related problems

**“**INDEPTH offers students the chance to think about how they might like to change their relationship with tobacco to reduce risks and increase the chances that they will be able to achieve the goals they have for themselves.**”**  
**INDEPTH Facilitator**

60% of student participants reported that they were willing to quit using tobacco products, including e-cigarettes, after completing the INDEPTH program.

Complete the training at [www.lung.training/courses/indepth.html](http://www.lung.training/courses/indepth.html) to get started today.



**Learn more at [www.lung.training/courses/indepth](http://www.lung.training/courses/indepth)**



# SAMPLE RESOURCES

## Model Alternative to Suspension Policy

Any student violations of this Policy shall result in the following measures:

1. The first violation shall result in confiscation of tobacco products, notification of parents and/or guardians, and at least one of the following:
  - b. A student meeting and individual student assessment with a school wellness coordinator or designated staff to discuss commercial tobacco use and school policy.
  - c. Student participation in the tobacco education program.
  - d. Offering student information about available cessation programs and resources.
2. The second violation shall result in confiscation of tobacco products, notification of parents and/or guardians, and offering the student information about available cessation programs, as well as at least one of the following:
  - c. A student meeting and individual student assessment with a school wellness coordinator or designated staff with parents and/or guardians to discuss commercial tobacco use and school policy.
  - d. Student participation in a tobacco education program.
3. The third and any subsequent violation shall result in confiscation of tobacco products, notification of parents and/or guardians, offering student information about available cessation programs, and student participation in a tobacco education program as well as at least one of the following:
  - d. A student meeting and individual student assessment with a school wellness coordinator or designated staff with parents and/or guardians to discuss commercial tobacco use and school policy.
  - e. Educational community service.

**Sources:**  
<https://publichealthlawcenter.org/sites/default/files/resources/Addressing-Student-Tobacco-Use-in-Schools-2019.pdf>

## Notifying Letter to Parents/Guardians

Dear Parent/Guardian:

You may have recently learned that your child was caught using vapes/e-cigarettes at school. You might be feeling a variety of emotions, including anger, sadness, disappointment, embarrassment, and concern for your child's health and well-being.

The tobacco companies that make vapes/e-cigarettes are experts in manipulating young people into using these products. Oftentimes, youth do not know that these products contain nicotine, which is addictive and harmful to the developing brain, lungs, and circulatory system. Other ingredients, such as flavorings (e.g., mint, mango, and so on) are harmful to their lungs. Peer pressure is also a contributing factor to vape/e-cigarette use as many youths perceive these products to be harmless.

As a community, we are here to help you and your child. Instead of suspension, your child will be taking part in an alternative to suspension program based on the INDEPTH model developed by the American Lung Association.

Your child will learn about the facts and harms of vapes/e-cigarettes and will receive resources on how to quit vape/e-cigarette use.

You can find more information in the Vaping Resource Guide, available at [getthehealthyclarkcounty.org](https://getthehealthyclarkcounty.org).

Please reach out to us with any questions or concerns.

**Sources:**  
<https://med.stanford.edu/content/dam/sm/tobaccopreventiontoolkit/documents/Curriculms/HealthyFutures/Healthy-Futures-Open-Letter-for-Parents.docx>

# FREQUENTLY ASKED QUESTIONS

## Do all electronic vapor products contain nicotine?

Nearly all electronic vapor products contain **nicotine**. Even electronic vapor products that don't have nicotine have chemicals in them, and many products marketed as nicotine-free still contain nicotine. Additionally, the chemicals used in electronic vapor products can irritate and damage the lungs.

## Is vaping healthier than smoking cigarettes?

Electronic vapor products are not safe for **youth**, young adults, pregnant women, or adults who do not currently use tobacco products. The long-term health effects of electronic vapor products are not well understood yet.

More research is needed on electronic vapor products as a substitute for adults to quit smoking. Thus far, the FDA has found no electronic vapor products to be safe and effective in helping people quit smoking. In fact, more than half of all adult electronic vapor product users continue using regular cigarettes.

## How can I tell if kids are smoking electronic vapor products?

Some electronic vapor products look like regular cigarettes, cigars, or pipes. **Others look like USB flash drives, pens, and other everyday items, which can make vapes difficult to detect.** Vapes may also be odorless, while some may smell sweet like fruit or candy.

## Can teens under age 18 legally vape and buy electronic vapor products?

Federal and state laws have raised the minimum legal sales age for tobacco products to 21. However, **many young people can still get products from older peers**, and age restrictions at retail stores are not always enforced.

## Why are electronic vapor products so popular among youth?

Evidence shows that the vape industry illegally **markets to youth**, targeting teens to create lifelong addictions. These companies have created hundreds of candy and fruit-flavored liquids that make electronic vapor products seem harmless, but they are not.

## Where can I learn more about vaping?

Visit our Southern Nevada Health District Tobacco Control Program's website at [www.getthehealthyclarkcounty.org](http://www.getthehealthyclarkcounty.org).

## As an educator or administrator, what can I do?

As educators and administrators, it is important to encourage an open, ongoing conversation with youth. When speaking to youth, you can explain your concerns about vaping without criticism. You can also refer students to **My Life, My Quit** for free cessation resources.

Educators and administrators can also support youth by creating a healthy learning environment.

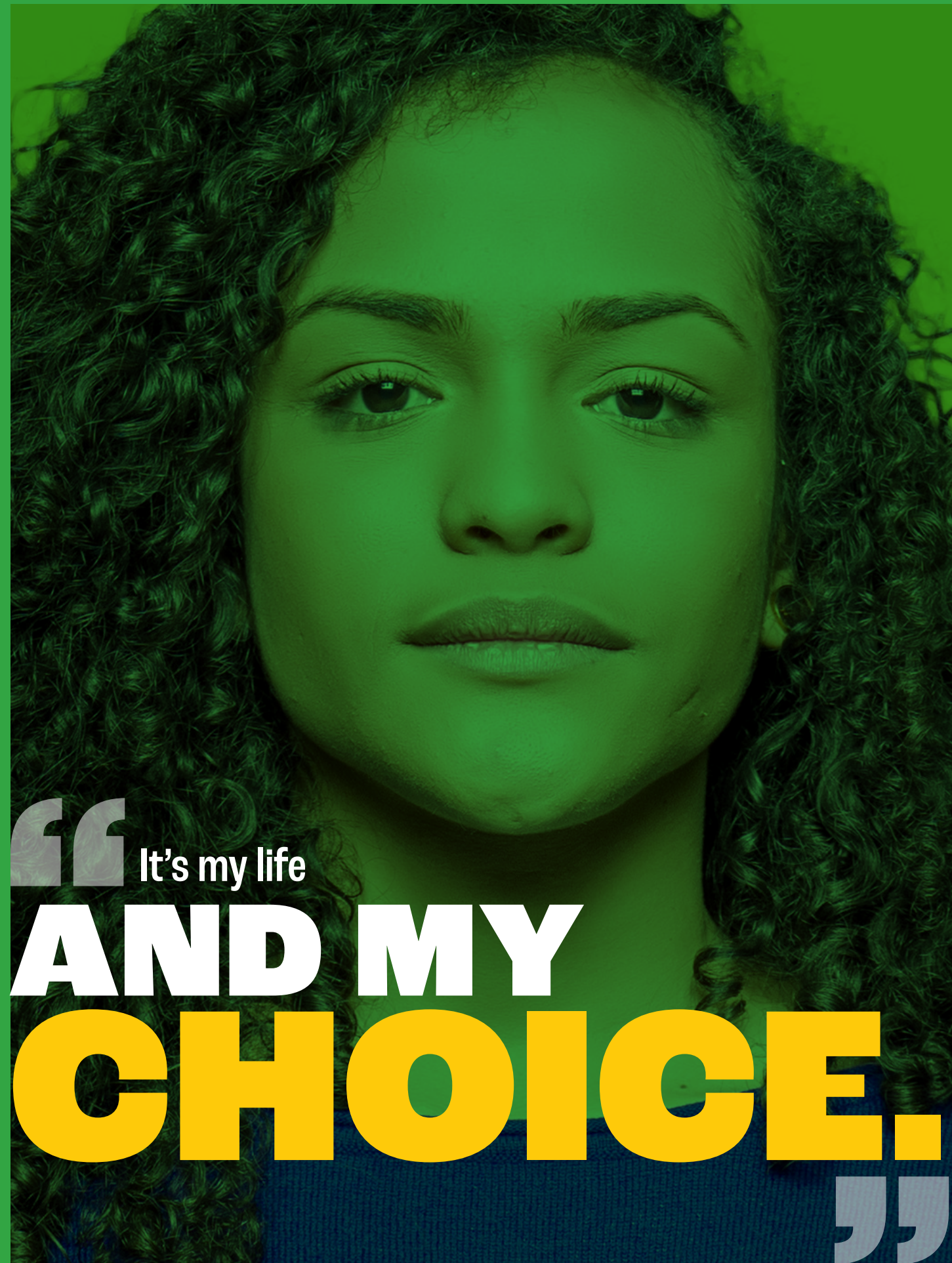
Free promotional materials are available to display in classrooms and schools. You can download and print materials to display in your classroom and school or contact [TobaccoProgram@snhd.org](mailto:TobaccoProgram@snhd.org) for printed materials to be mailed to you. An overview of all items can be found on Page 36 of this toolkit.

The SNHD Tobacco Control Program has also developed a PowerPoint presentation that educators and administrators can use to train staff. Please see Page 36 of this toolkit for more information.



Learn more at [www.getthehealthyclarkcounty.org](http://www.getthehealthyclarkcounty.org)





My Life, My Quit offers FREE one-on-one help to quit vaping to Nevada residents ages 13 - 18.

**For FREE help to quit smoking or vaping:**

**TEXT:**  
**"Start My Quit" to 36072**

**CALL:**  
**855-891-9989**



**Learn more at [www.nv.mylifemyquit.org](http://www.nv.mylifemyquit.org)**



# HOW YOU CAN HELP

## Share Information

**Teens want their teachers and school personnel to support their decisions.** They need your help to stop using tobacco products, including electronic vapor products.

If a teen asks you about tobacco or seems interested in quitting tobacco, here is some information that may help shape the conversation:

- Nicotine addiction can happen quickly.
- All tobacco products, including vaping devices like e-cigarettes, contain nicotine and are addictive.
- Vaping is tobacco and it has the same addictive properties whether they are smoking cigarettes or electronic vapor products.
- The longer a teen uses nicotine, the more addicted they are likely to become, and the harder it will be to stop.
- Medications used for quitting tobacco have not been proven effective for teens. If a teen asks about quit medications, refer them to a healthcare professional who can help decide whether these medications might work in their situation.

**When changing any behavior, it can take several attempts to establish a new routine.** Slipping back into the old behavior is a natural part of the process. Help the teen understand which behaviors or situations led back to tobacco use and come up with a plan for how to avoid tobacco in the future. Continue to provide support and help the teen by encouraging them to restart their quit attempt.

You cannot force anyone to change their behavior, but you can support their plan. Ask what the teen needs from you and how you can help. This shows that you care, are ready to listen, and want them to succeed.

## Set A Good Example

**Adolescents are influenced by the behaviors modeled by adults, especially tobacco use.** In fact, youth smoke more frequently when they are associated with others who smoke or who have a pro-smoking attitude.

As pro-smoking environments influence youth uptake of smoking, smoking patterns, and quitting intentions, teachers and administrators must set a good example to prevent tobacco use among teens.

The Nevada Tobacco Quitline is a FREE cessation service available to Nevada residents. The program provides one-on-one coaching and nicotine replacement therapy (patches, gum, or lozenges) for qualified individuals. Coaches will determine if you are eligible for nicotine replacement therapy.

For free help to quit smoking or vaping, contact the Nevada Tobacco Quitline.

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

**Text QUITNOW to 333888**



## Steps for Success

Share these steps to help students to successfully quit smoking:

- Set a date. Encourage the student to set a quit date as part of their plan to quit. This step is key to starting a smoke-free life.
- Stay motivated. Make a list of reasons to quit. This can help them focus on those reasons when there is an urge to smoke.
- Changing routine. Remove temptations by changing a routine as much as possible.
- Reward for not smoking. Set short and long-term goals. Having a specific reward for each milestone reached can be encouraging.
- Know that every smoker can quit. It may take some time, but anyone can have the power to break this addiction. Keep trying until the right technique is found.

## Refer Teens to My Life, My Quit

While the decision to quit tobacco is always one that teens must make themselves, there are several ways you can help promote the My Life, My Quit program:

- Let teens know you are concerned about the impact of tobacco use, including vaping, on their current and long-term health.
- Tell them you want to support their plan to stop and ask if they will sign up for the My Life, My Quit program. Mention that it is free and confidential.
- If they are not willing to enroll right then, provide them with information about how to enroll and let them know they have support to help them quit.
- If a teen is ready to get started, they can text, call or enroll online. It's fast and simple.
- Some teens may want your help taking the first step of calling or sending the text. But remember, they need to do the work to be successful.

# CREATE A HEALTHY LEARNING ENVIRONMENT



## Signage

Post signs in a manner and location that adequately notify students, staff, and visitors about the 100% tobacco-free school policy.

## Enforcement for Students

Provide non-punitive intervention and educational consequences for students engaging in the prohibited behavior in accordance with the Student Code of Conduct. Refer students who violate the school district’s tobacco use policy to the guidance counselor, a school nurse, or other health or counseling services for all offenses for health information, counseling, and referral. Notify parents/ guardians of all violations and actions taken by the school.

## Enforcement for Staff and Visitors

Enforce consequences for employees who violate the tobacco use policy in accordance with personnel policies. This may include a verbal warning, written reprimand, or termination. Ask visitors using tobacco products to refrain while on school property or leave the premises. Law enforcement officers may be

contacted to escort the person off the premises or cite the person for trespassing if the person refuses to leave the school property. Forfeiture of any fee charged for admission may also be enforced for visitors violating this policy.

## Opportunities for Cessation

Consult with the Southern Nevada Health District Tobacco Control Program to provide students and employees with information and referral to support systems, programs, and services to encourage them to abstain from the use of tobacco products.

## Prevention Education

Consult with the Southern Nevada Health District Tobacco Control Program to identify and provide tobacco use prevention programs that follow the guidance from the Centers for Disease Control and Prevention.

The SNHD Tobacco Control Program will provide opportunities for students to gain a greater understanding of the health hazards of tobacco use and the impact of tobacco use as it relates to providing a safe, orderly, clean, and inviting school environment.

## Procedures for Implementation

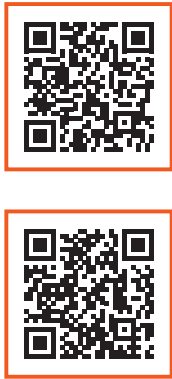
The administration can develop a plan for communicating alternative to suspension school policy. This may include information on intervention and cessation resources in student and employee handbooks, announcements at school-sponsored or school-related events, and appropriate signage in buildings and around the school campus. An enforcement protocol, which identifies consequences for students, staff, and visitors who violate the policy, should be created and communicated to all students, staff, and parents.

## Effective Date

Notify all students, staff, and parents/ guardians that an alternative to suspension policy will be adopted and shall take effect in full on a specific date.

Information is available for educators and administrators to deliver group programs for teens in school. These resources can be accessed at [www.nv.mylifemyquit.org](http://www.nv.mylifemyquit.org).

Order free posters, flyers, and handouts to display in your classroom or school at [www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org).



Get resources at [www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org)

Learn more at [www.nv.mylifemyquit.org](http://www.nv.mylifemyquit.org)





“  
Your support makes a  
**BIG**  
**DIFFERENCE.**  
”

# FREE PROMOTIONAL AND TRAINING MATERIALS

## Signage

The SNHD Tobacco Control Program offers many free materials, including posters, table tents, brochures, flyers, mailers, and social media blocks. You can download and print materials to display in your classroom and school, or contact [TobaccoProgram@snhd.org](mailto:TobaccoProgram@snhd.org) for printed materials to be mailed to you.

## Training Presentation for Staff

The SNHD Tobacco Control Program has developed a free PowerPoint presentation to help educate school staff on tobacco use among Clark County's youth.

This PowerPoint outlines:

- The health impacts of tobacco use
- How to detect warning signs of tobacco use
- Opportunities to support youth cessation
- Best practice recommendations for following an alternative to suspension policy

Download this presentation today at [www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org), or contact [TobaccoProgram@snhd.org](mailto:TobaccoProgram@snhd.org) to request more information.



Get resources at [www.gethealthyclarkcounty.org/shop](http://www.gethealthyclarkcounty.org/shop)



Email [TobaccoProgram@snhd.org](mailto:TobaccoProgram@snhd.org)

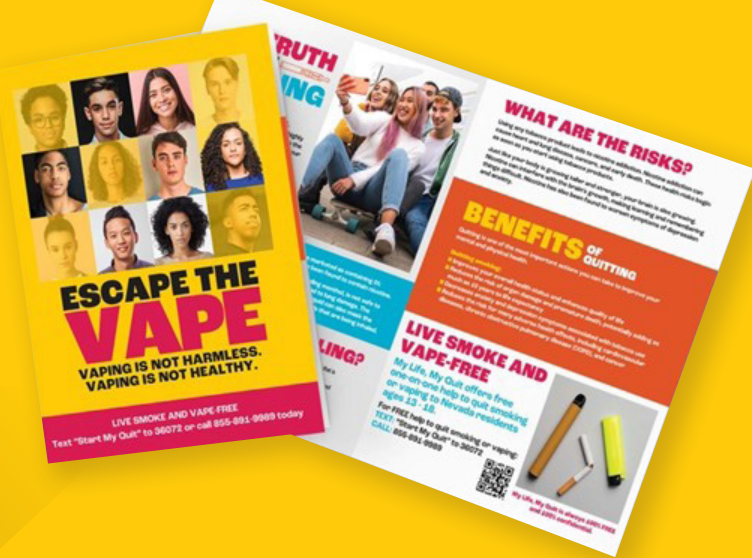




Posters



Table Tents

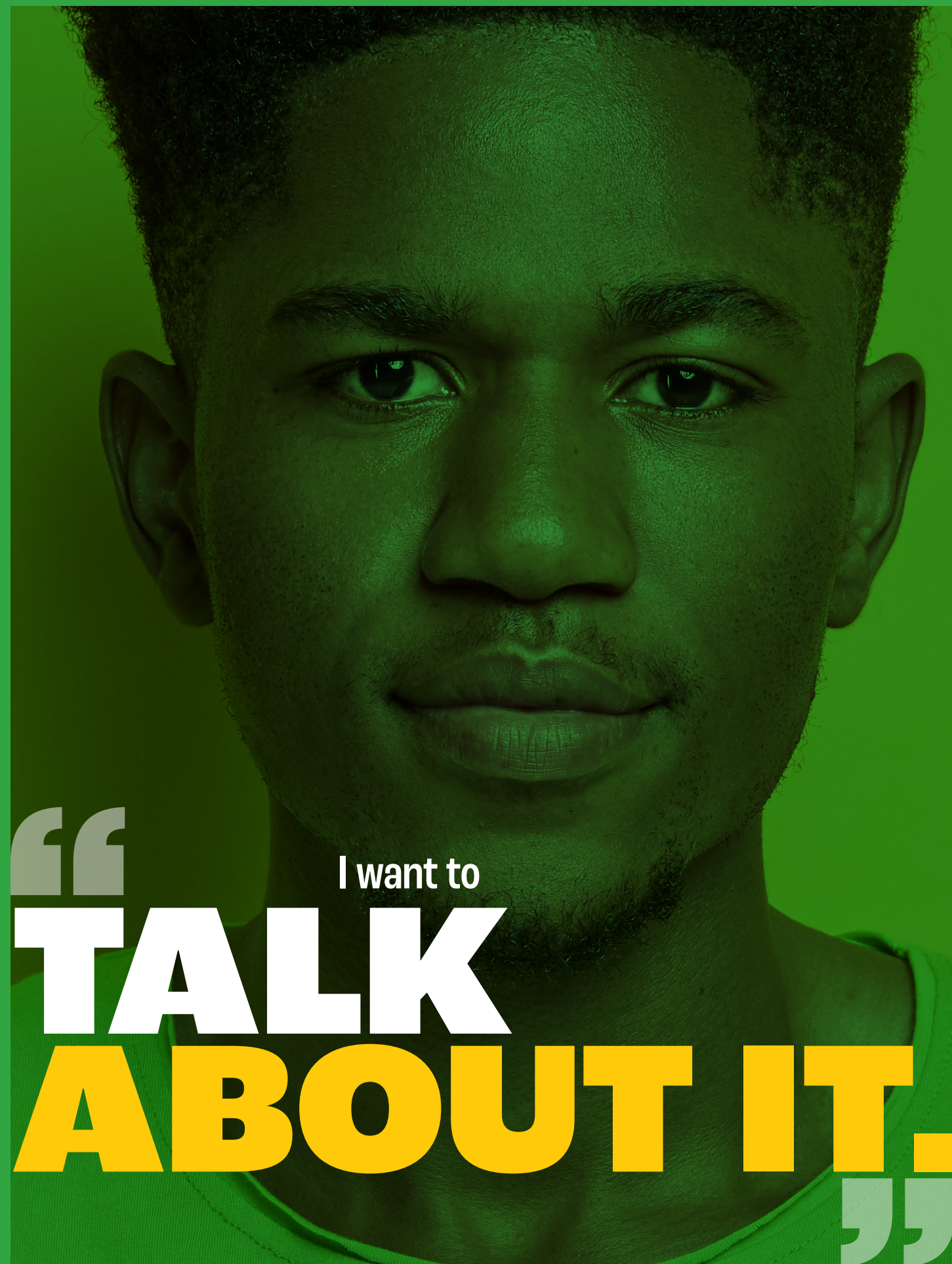


Brochure



All materials are available FREE of charge. Posters and other educational materials are updated regularly. Please visit [www.getthehealthyclarkcounty.org](http://www.getthehealthyclarkcounty.org) to view the current inventory.





If you are looking for information to help address youth vaping, the state of Nevada has a one-stop resource made just for you.

Let's Talk Vaping provides adults with the vaping information they need to support youth to resist vaping or quit if they're already using. This program provides vaping facts, tips for talking to teens, and tips to quit vaping.

For conversation tips and resources that can help teens quit vaping, check out [www.LetsTalkVaping.com](http://www.LetsTalkVaping.com) today!



Learn more at [www.letstalkvaping.com](http://www.letstalkvaping.com)



# RESOURCES

## Cessation

### Nevada My Life, My Quit

My Life, My Quit is a free and confidential way for individuals ages 13 – 18 to quit smoking or vaping. Text “Start My Quit” to 36072, click to chat with a Coach, or call for support. 855-891-9989  
Call from a Nevada Area Code  
[nv.mylifemyquit.org](http://nv.mylifemyquit.org)

### Nevada Tobacco Quitline

The Nevada Tobacco Quitline will connect you to counseling and information about quitting smoking. The Quitline is a free phone-based service available to Nevada residents 13 years or older.  
Call from a Nevada Area Code  
English: 1-800-QUIT-NOW or 1-800-784-8669  
Spanish: 1-855-Déjelo-Ya or 1-855-335-3569  
Text QUITNOW to 333888  
[www.nevadatobaccoquitline.com](http://www.nevadatobaccoquitline.com)

### TRUTH Initiative Text Program

Youth and young adults can access the TRUTH Initiative’s new e-cigarette quit program by texting “DITCHVAPE” to 88709.  
Parents and other adults looking to help young people quit should text “QUIT” to (202) 899-7550.  
<https://truthinitiative.org>

## Health

### American Cancer Society

1599 Clifton Rd, NE, Atlanta, GA 30329  
Phone: (800) 227- 2345  
[www.cancer.org](http://www.cancer.org)  
The American Cancer Society (ACS) provides information learn about the health hazards of smoking and how to become an ex-smoker. Check online or call 1-800-227-2345 to find your local office.

### American Heart Association

7272 Greenville Avenue, Dallas, TX 75231  
Phone: (214) 373-6300  
(800) 242-8721 (for local chapter)  
[www.americanheart.org](http://www.americanheart.org)  
The American Heart Association (AHA) provides books, tapes, and videos on how smoking affects the heart and has a guidebook on weight control in quit-smoking programs.

### American Legacy Foundation

1001 G Street, NW, Suite 800,  
Washington, DC 20001  
Phone: (202) 454-5555  
[www.americanlegacy.org](http://www.americanlegacy.org)  
The American Legacy Foundation® develops programs that address the health effects of tobacco use, especially on vulnerable populations.

### American Lung Association

1301 Pennsylvania Avenue, NW, Suite 800,  
Washington, DC 20004  
Phone: (202) 785-3355  
1-(800) LUNG-USA for local chapter  
[www.lungusa.org](http://www.lungusa.org)  
The American Lung Association helps smokers who want to quit through its Freedom From Smoking® self-help quit smoking program available online at [www.ffsonline.org](http://www.ffsonline.org). The Lung Association also provides public information on the health effects of smoking on its website above or by calling 1(800) LUNG-USA.

### Asthma and Allergy Foundation of America

1233-20th Street, NW, Suite 402,  
Washington, DC 20036  
Phone: (202) 466-7643  
(800) 727-8462  
[www.aafa.org](http://www.aafa.org)  
The Asthma and Allergy Foundation of America (AAFA) and its volunteers work to develop and implement public policies to improve the quality of life for people with asthma and allergies.

### Campaign for Tobacco-Free Kids

1400 I Street NW, Suite 1200,  
Washington, DC 20005  
[www.tobaccofreekids.org](http://www.tobaccofreekids.org)  
[info@tobaccofreekids.org](mailto:info@tobaccofreekids.org)  
The Campaign for Tobacco-Free Kids is a leading advocacy organization working to reduce tobacco use and its deadly consequences in the United States and around the world through strategic communications and policy advocacy campaigns.

### Public Health Law & Policy

2201 Broadway, Suite 502, Oakland, CA 94612  
Phone: (510) 302-3380 Fax: (510) 444-8253  
[www.phlpnet.org](http://www.phlpnet.org)  
Public Health Law & Policy (PHLP) partners with government, advocates, and other community leaders to provide practical solutions to a wide range of public health problems.

### Tobacco Control Legal Consortium

875 Summit Avenue,  
St. Paul, Minnesota 55105  
Phone: (651) 290-7506 [www.tclconline.org](http://www.tclconline.org)  
The Tobacco Control Legal Consortium is a network of legal programs supporting tobacco control policy change throughout the US.

### Truth Initiative

900 G Street, NW, Fourth Floor,  
Washington, DC 20001  
Phone: (202) 454-5555 [www.truthinitiative.org/](http://www.truthinitiative.org/)  
Truth Initiative is America’s largest nonprofit public health organization dedicated to a future where tobacco and nicotine addiction are things of the past.

## Government

### Centers for Disease Control and Prevention Office on Smoking and Health

Mailstop K-50, 4770 Buford Highway, NE,  
Atlanta, GA 30341  
Phone: (770) 488-5705 (800) 232-4636

[www.cdc.gov/tobacco/osh](http://www.cdc.gov/tobacco/osh)

The Office on Smoking and Health, a program office within the Centers for Disease Control and Prevention (CDC), funds booklets on smoking topics such as relapse, helping a friend or family member quit smoking, the health hazards of smoking, and the effects of parental smoking on teenagers.

### FDA Center for Tobacco Products

10903 New Hampshire Avenue, Building 71,  
Room G335, Silver Spring, MD 20993-0002  
Phone: 1-877-287-1373 [www.fda.gov/about-fda/fda-organization/center-tobacco-products](http://www.fda.gov/about-fda/fda-organization/center-tobacco-products)  
The Center for Tobacco Products (CTP) oversees the implementation of the Family Smoking Prevention and Tobacco Control Act.

### National Cancer Institute

Building 31, Room 10A24, 9000 Rockville Pike,  
Bethesda, MD 20892  
Phone: (877) 448-7848  
[www.cancer.gov](http://www.cancer.gov)  
The National Cancer Institute (NCI) website provides two key tools to help you quit smoking: LiveHelp, an online text messaging service, and the toll-free number to NCI’s Smoking Quitline (877-44U-Quit). Also see “Clearing the Air, Quit Smoking Today,” [http://www.smokefree.gov/pubs/clearing-the-air\\_acc.pdf](http://www.smokefree.gov/pubs/clearing-the-air_acc.pdf).

### Smokefree.gov

[www.smokefree.gov](http://www.smokefree.gov)  
The information and professional assistance available on this website can help to support both immediate and long-term needs to become, and remain, a nonsmoker.

### LetsTalkVaping.com

[www.LetsTalkVaping.com](http://www.LetsTalkVaping.com)  
Let’s Talk Vaping is a one-stop resource offered by the state of Nevada that provides adults with the vaping information they need to support youth to resist vaping or quit if they’re already using. This program provides vaping facts, tips for talking to teens, and tips to quit vaping.





Thank you for supporting the health and well-being of Southern Nevada's youth! We applaud you for sharing information, promoting the My Life, My Quit program, and creating a healthy learning environment for Clark County's youth.

While most youth do not smoke tobacco products, electronic vapor products are becoming increasingly popular among youth nationwide and in Clark County. It is crucial to promote tobacco prevention, cessation, and create healthy learning environments in schools to support students' overall mental and physical health.

Using this guide, we encourage educators and administrators to adopt INDEPTH as an alternative to school suspension for on-campus smoking to support the long-term success of Southern Nevada students.

**Visit [www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org) to:**

- ☐ **Access free educational resources to help students quit smoking.**
- ☐ **Order free signage to promote cessation and healthy learning environments.**
- ☐ **Explore the My Life, My Quit cessation program, which offers free and confidential resources to anyone under age 18.**
- ☐ **Sign up to receive the SNHD Tobacco Control Program's **Monthly Newsletter** for monthly updates on tobacco control and prevention efforts to improve our community's health.**

To obtain additional assistance please call the Southern Nevada Health District Tobacco Control Program:

**702- 759-1270 / [TobaccoProgram@snhd.org](mailto:TobaccoProgram@snhd.org).**

For more information on free tobacco cessation resources available to youth, visit **[www.mylifemyquit.org](http://www.mylifemyquit.org).**



[www.get\*\*healthy\*\*clarkcounty.org](http://www.gethealthyclarkcounty.org)  
GET MOVING. EAT BETTER. LIVE TOBACCO-FREE.

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