



CHOICES

PREVENTION / INTERVENTION
EDUCATION

Tulare County Office of Education | CHOICES TUPE Newsletter

GRADES 5-12 | ISSUE 6: OCTOBER 9, 2020

Vape facts and fiction

The *CHOICES TUPE* program helps students discover information and build skills so they can successfully transition through important life milestones. This newsletter will clarify true (facts) and false (fiction) statements that you may hear about vaping.



Vape facts

- ✓ Electronic devices heat e-juice, vape juice, or vape liquid and it produces an aerosol.
- ✓ Aerosol is made of harmful chemicals like nicotine and other small particles that are inhaled into lungs and then exhaled into the air.
- ✓ When aerosol is exhaled into the air, bystanders can inhale the aerosol and be negatively affected, also known as second-hand smoke.
- ✓ There are over 15,000 e-juice flavors like bubble gum, cherry, and cotton candy.



Vape fiction

- ✗ E-cigarettes or vape devices are safer than traditional cigarettes.
- ✗ Aerosol evaporates into the air once it is exhaled.
- ✗ It is not harmful to be around people who vape because they don't exhale smoke.
- ✗ Flavored e-juice is safe because it does not contain nicotine; it is just flavoring.



Vaping and marijuana

E-cigarette or vaping devices can be used to deliver marijuana.

- **Signs of addiction**

About 1 in 10 marijuana users will become addicted and those who start using before the age of 18 face a 1 in 6 chance. Unsuccessful attempts at quitting marijuana use, giving up activities you usually enjoy with your friends and family to instead use marijuana, and using when you know it is causing issues at home or school are all signs of addiction.

- **Brain and mental health**

Marijuana directly affects areas of your brain that impact your memory, learning, attention, decision making, coordination, emotions, and reaction time.

High doses can lead to anxiety, paranoia, depression, and temporary psychosis.

- **Lung health**

Smoking marijuana can harm the tissues in our lungs and cause scarring and damage to small blood vessels. You also risk bronchitis, cough, and phlegm production.

Marijuana usage during adolescence can negatively affect the teenage brain, and cause complications with attention, motivation, and memory.

- **Heart health**

Marijuana use makes the heart beat faster which puts users at higher risk of stroke and heart disease



Choose to be tobacco and marijuana free

Before choosing to engage in vaping tobacco or marijuana think about the possible consequences and how it can impact your future. Ask yourself if the choice you make is going to get you one step closer to your goal. Is smoking worth getting addicted, losing a scholarship opportunity to play sports, or even your friends and family?



Social media tip of the week

It can be exciting to see your favorite social media influencers using e-cigarettes and you may even think to try it since they are. Remember that they only show what they want you to see. There is no way of knowing what harmful effects they are experiencing.



Resources:

Stanford Medicine Tobacco Prevention Toolkit
Centers for Disease Control and Prevention (CDC).

Additional video resources:

www.youtube.com/watch?v=frd00RIS-w

www.youtube.com/watch?v=h0CujhT7bPA

"Do your own research. Enlighten yourself. It's better to know than to assume." —Scottie Waves



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tcoe.org/CHOICESNewsletter



Contact: 559-651-0155

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