

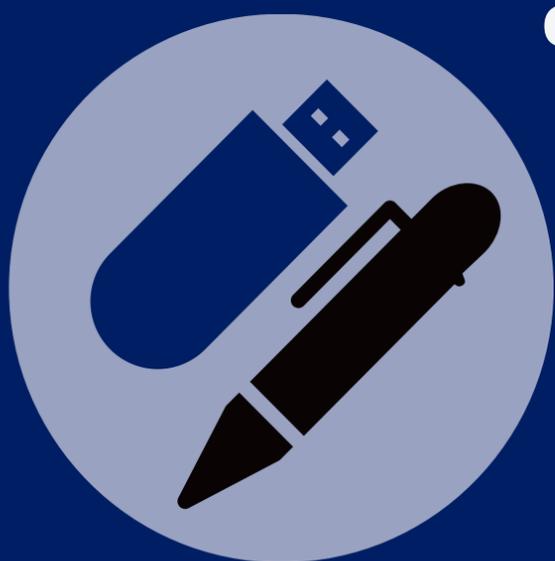
VAPING FAST FACTS YOU SHOULD KNOW

Vaping comes with health risks

Vaping products are often misleading about their contents. Many products labeled as 0% nicotine have nicotine in them when tested (CDC). In addition, vaping can contain heavy metals like nickel and lead and cancer-causing chemicals.



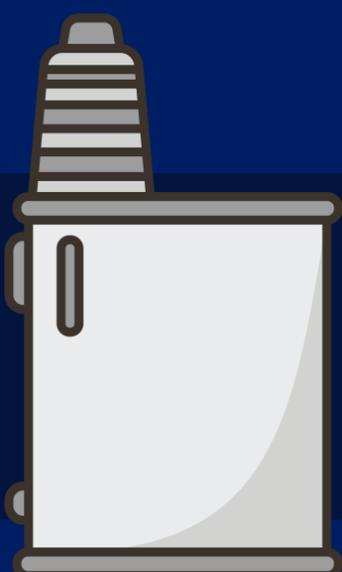
Vapes and products comes in many forms



Vape pens and e-cigarettes can look like USB drives, pens, or other small, everyday objects. Vape liquids are made that contain THC (the active ingredient in marijuana) and nicotine, and there are recent concerns with liquids and concentrates being laced with other drugs, including fentanyl.

Students caught vaping receive external consequences

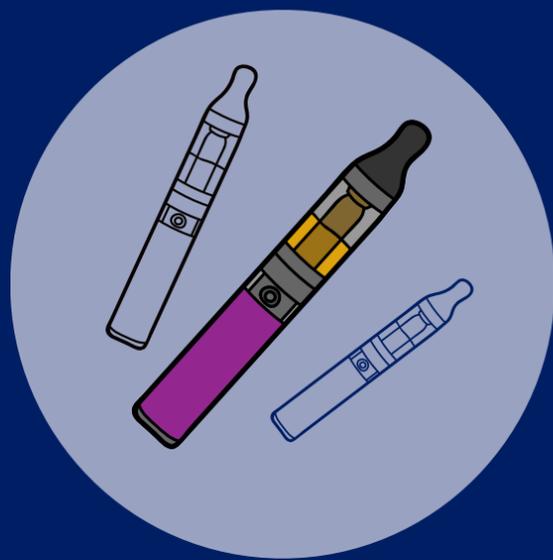
Suspensions, legal trouble, and setting off fire alarms on accident can all occur as a result of vaping, among other potential consequences



*The CDC's National Youth Tobacco Survey showed that **1 in 5** high school students reported **use of vapes in the past month.***

Vaping effects- nicotine

- Attention and learning concerns
- Mood changes
- Increased impulsivity
- Increased likelihood of smoking cigarettes or using other substances later on
- Risk of addiction to nicotine
- Increased risk of cardiovascular disease



Vaping effects- THC

- Coordination problems
- Impaired perception
- Attention, learning, and memory issues
- Increased anxiety
- Increased heart rate
- Feeling sick, tired, or nauseous
- Feeling restless
- Risk of addiction to THC
- Increased risk of using other substances
- Increased risk of pulmonary and cardiovascular problems



Common signs of use

- Dry mouth
- Red or bloodshot eyes
- Unusual smells
- Impaired motor skills
- Not otherwise expected learning and memory concerns

Touchstone Health Services provides mental and behavioral health services in partnership with the school district and family. Services are available for a variety of mental health concerns, including substance use disorders.

<https://www.touchstonehs.org/>

If you are concerned about someone's use of substances or you are struggling with substance use, reach out for help.

<https://findtreatment.samhsa.gov/>

Sources:

- https://drugfree.org/drugs/vaping/?gclid=Cj0KCQiAsdKbBhDHARIsANJ6-jeXotyRTqRsKzVB1ctGotMILZFyjbpbzKZ3hKy5RTfvrAB_Sj6zNQLIaAq4EEALw_wcB
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- <https://my.clevelandclinic.org/health/articles/21162-vaping>
- <https://www.verywellmind.com/what-you-need-to-know-about-vaping-thc-oil-5069928>



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