



What You Need to Know About E-Cigs, Vaping and Youth

Vaping, sometimes called Juuling- The act of inhaling and exhaling aerosol, often referred to as vapor, produced by an e-cigarette or similar device.

Juul- A trendy cigarette device used by youth. The Food and Drug Administration announced a major crackdown on the vaping industry, particularly on the Juul devices.

Teens who vape are more likely to use marijuana.

Flavorings-Many youth think they are vaping only liquid with flavoring but most flavorings also contain the highly addictive drug Nicotine.

It's Social- Teens are bonding over Juul e-cigarettes on social media. Posts about using Juul or seeing someone else use Juul in elementary, middle or high school is common. Posts talk about using Juul in a school bathroom or at recess, and even in gym class.

Make it clear to your son or daughter that you don't approve of them vaping or using e-cigarettes, no matter what.



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Additional Information:

- E-cigarette aerosol is NOT harmless water vapor.
- The liquid used in e-cigarettes often contains nicotine and flavorings. This liquid is sometimes called "e-juice", "e-liquid", "vape juice" or "vape liquid".
- Using nicotine in adolescence may also increase risk for future addiction to other drugs.
- Although Juul is currently the top-selling e-cigarette brand in the United States, other companies sell e-cigarettes that look like USB flash drives. The PAX Era is a marijuana delivery device that looks like a Juul.
- E-cigarettes are also known by different names: "e-cigs", "e-hookahs", "mods", "vape pens" and "vapes".

Rob Holladay Visits FHHS and FHMS Campuses

Clear The FOG

Tobacco & Vaping Awareness
Assembly for Teens

On November 6th, national speaker, Ron Holladay spoke to high school students during lunch and to parents and middle school students later that evening about the dangers of youth using e-cigarettes and vaping.

Some of the facts Rob disclosed were alarming: Just one cartridge also known as a pod, in an e-cigarette equals 200 puffs or one pack of rolled cigarettes; although brands market their products having zero nicotine, the FDA has found that 90% of brands DO include nicotine; and most frightening is the fact that some youth can become addicted to nicotine/vaping in as little as two weeks.



The FHHS lunchtime event entitled, Clear the Fog, focused on educating teens about the ingredient nicotine and the likelihood of them becoming addicted to vaping after trying it just one time.



During the FHMS evening presentation, Rob explained to parents and students the dangers of nicotine and how it effects the developing brain. The harmful consequences of using e-cigarettes over time was also demonstrated in the presentation.

*Clear the Fog was sponsored by Fountain Hills High School, Fountain Hills Middle School and the FH Coalition.

The Minds of Boys and Girls Screens, Tweens and Teens



On October 25th, Katey McPherson, Executive Director of the Gurian Institute, and former educator for 20 years, spoke to parents of the Fountain Hills Unified School District about the brain differences between boys and girls during adolescence. McPherson also talked about the impact technology and social media have on the development of the teenage brain. McPherson answered questions from parents after the presentation and had these recommendations:

- Have one central charging area for charging all the cell phones in your family overnight to help avoid teens looking on social media and not getting enough sleep.
- Monitor what your kids are watching online. Having access to the internet means they may be exposed to images and information that are inappropriate for them and websites you may not know exist.
- Screen time, whether tv, cell phone, tablet or video games should be earned and limited so kids know that having access is a privilege and not something that takes the place of healthy play and face-to-face social interaction.

For more information on McPherson and workshops offered visit the Gurian Institute [HERE](#).



**Don't Forget to Register
for the Town of Fountain Hills
28th Annual Turkey Trot!**
For more information and to register [CLICK HERE](#).

