



Puff Bar is the New Juul: What You As A Parent Can Do



Teens have found a loophole in the Food and Drug Administration's ban on most flavored e-cigarettes.

The recently announced flavor ban is only for cartridge based pods and not disposable e-cigarettes. While Juul pulled its fruit and mint flavors off the market in 2019, during the height of the vaping illness scare, companies producing flavored disposables have been popping up to fill the void.

Teens across the country and in Fountain Hills are now switching to products like Puff Bar. Puff Bar is very popular and comes in many different flavors like Blue Raz, Grape, Strawberry, Banana Ice and Watermelon. When a young person inhales from the Puff Bar, it produces a sweet, sugary vape flavor.

"The Puff Bar is an extremely popular product," say Bonnie Halpern-Felsher, a developmental psychologist at Stanford University. One bar had about 300 puffs and can contain about as much nicotine as two or three packs of cigarettes. "That's a lot of nicotine," she says. And, research shows nicotine is addictive and harmful to adolescents' developing brains.

Students are switching to Puff Bar because of the flavors that are offered and because they are much cheaper to purchase than Juul.

What can you do to help prevent vaping dependence.

1.) Don't confront - start with a softer approach

Start by telling your child what you've learned about vaping and why it concerns you. Say something like: "I've learned how much nicotine is in the products, what have you heard?" Engage them in a conversation to share information. Also, get to know your child's friends — and their friends' parents. Check in by phone or a visit once in a while to make sure they are giving their children the same kinds of messages you give your children about alcohol, tobacco, and other drugs. Check the [Safe Homes Network app](#) to see if the family is a member.

2.) Know what products are still available.

Before you sit down with your child, read up on the latest products. Know what they look like and know what the lingo is. In addition to disposable vape sticks, there are refillable cartridges and flavored nicotine liquids, called "e-liquids" available.

3) If your child is already vaping, there are cessation programs available to help them quit. The Truth Initiative offers a text-based quitting program that young people can sign up for by texting DITCHJUUL to 88709. Parents can text QUIT to (202)-899-7550 to sign up to receive text messages designed specifically for parents of vapers.

Click here to read our [Vaping/E-Cig Talk Kit](#) to learn more information or visit our website www.fhcoalition.org

Middle School Poster Contest Has Just a Few More Days!

The FH Coalition kicked off the 6th Annual Middle School Poster Contest on Tuesday, January 21, 2020. This year's theme is "My Dreams. My Future. My Choice!" We hope to inspire teenagers to be "who they are" and to help them recognize their own amazing individuality and self-worth so that they will be more likely to stay on a healthy path throughout their teenage and young adult years. With the theme, "My Dreams. My Future. My Choice!", we want students to artistically express those activities and/or influences that help them achieve their own life's aspirations.

ABOVE THE INFLUENCE

6TH ANNUAL POSTER CONTEST 2020

MY DREAMS. MY FUTURE. MY CHOICE!
KNOWING WHO YOU ARE AND WHAT YOU BELIEVE IN IS IMPORTANT!

WE ENCOURAGE YOU TO MAKE A POSTER

- 11" X 17"
- ANY MEDIUM/STYLE
- CREATIVE
- UNIQUE!

CONTEST RULES AT:
FOUNTAIN HILLS LIBRARY | FHCALITON.ORG

AWARDS PER GRADE!

1ST PLACE: \$200 CASH
2ND PLACE: \$100 CASH
3RD PLACE: \$50 CASH

CLASSIFIED WITH MOST ENTRIES WIN...
SMOOTHIE

SPONSORED BY:

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CONTEST DEADLINE: FEBRUARY 21ST

Winners from EACH grade will receive awards as follows: 1st place = \$200, 2nd place = \$100 and 3rd place = \$50. All first place posters will be featured as pizza toppers by Papa Murphy's Pizza. The contest started January 21st and will end on February 21st. All middle school students who live in Fountain Hills are invited to participate. Contest rule will be available at Fountain Hills Middle School, and online at FHCoalition.org

Cash awards generously donated by the Verne C. Johnson Family Foundation.

FHHS Falcons win Safe Homes Network Raffle Drawings!

These lucky FHHS Falcon students and FHHS Boys basketball head coach Jeffrey Bonner who is photographed awarding FHHS student Alex Reick were our \$100 winners for our Boys and Girls Soccer and Boys and Girls Basketball raffle drawings! Thank you to all who made the drawings so enjoyable and fun, we can't wait to start back up next school year!



