

TOBACCO-FREE YORK COUNTY VAPING TOOLKIT

*Resources for schools, parents, educators,
and health care providers*





TABLE OF CONTENTS

What are E-Cigarettes?	3
What is Juuling?	7
Local Data and State/Federal Regulations	11
Teacher and Parent Tip Sheet	14
Parent Educator and Healthcare Tools for Success	16
School Tips and Resources	18
School Policy	19
How to Create a Supportive School Environment	20

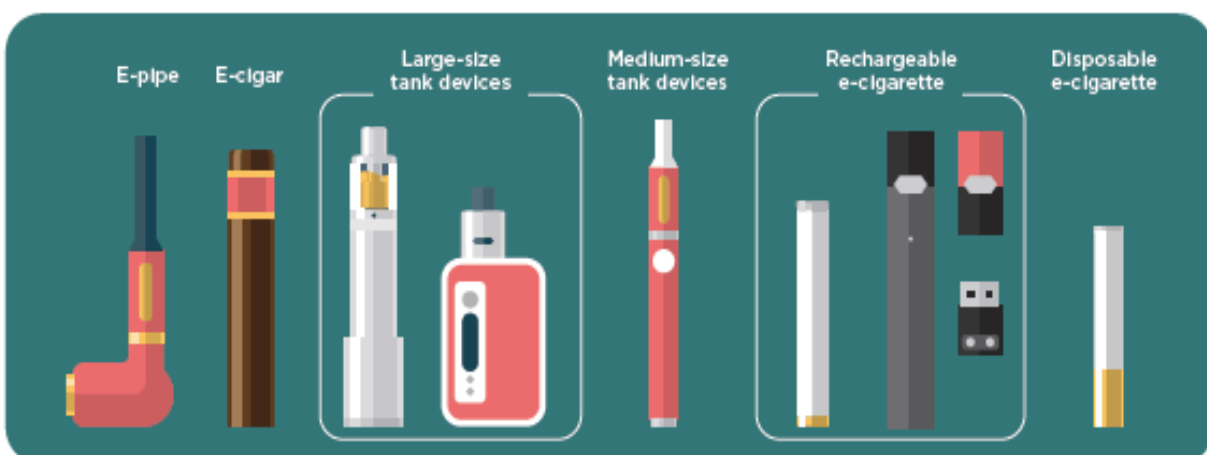
What Are E-Cigarettes?

ELECTRONIC CIGARETTES WHAT'S THE BOTTOM LINE?

- » E-cigarettes have the potential to benefit adult smokers who are not pregnant if used as a complete substitute for regular cigarettes and other smoked tobacco products.
- » E-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products.
- » While e-cigarettes have the potential to benefit some people and harm others, scientists still have a lot to learn about whether e-cigarettes are effective for quitting smoking.
- » If you've never smoked or used other tobacco products or e-cigarettes, don't start.

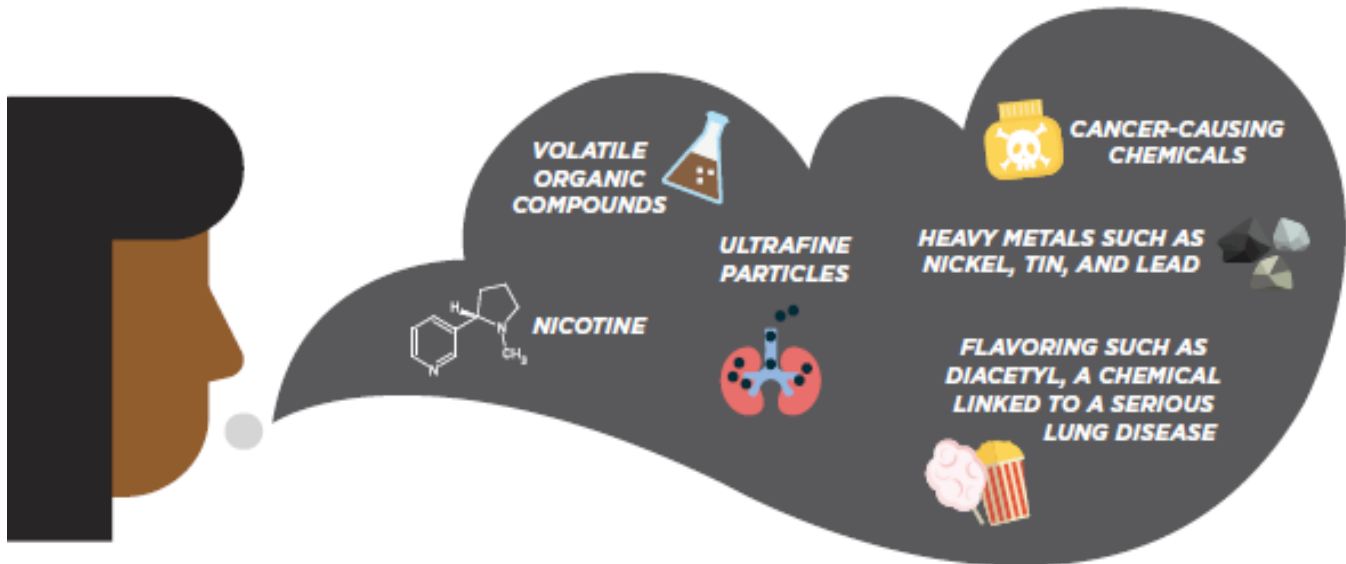
WHAT ARE E-CIGARETTES?

- » E-cigarettes are known by many different names. They are sometimes called "e-cigs," "e-hookahs," "mods," "vape pens," "vapes," "tank systems," and "electronic nicotine delivery systems."
- » Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, USB sticks, and other everyday items.
- » 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.
- » E-cigarettes can be used to deliver marijuana and other drugs.



WHAT IS IN E-CIGARETTE AEROSOL?

THE E-CIGARETTE AEROSOL THAT USERS BREATHE FROM THE DEVICE AND EXHALE CAN CONTAIN HARMFUL AND POTENTIALLY HARMFUL SUBSTANCES:



It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

ARE E-CIGARETTES LESS HARMFUL THAN REGULAR CIGARETTES?



VS



YES, but that doesn't mean e-cigarettes are safe.

E-cigarette aerosol generally contains fewer toxic chemicals than the deadly mix of 7,000 chemicals in smoke from regular cigarettes. However, e-cigarette aerosol is not harmless. It can contain harmful and potentially harmful substances, including nicotine, heavy metals like lead, volatile organic compounds, and cancer-causing agents.

WHAT ARE THE HEALTH EFFECTS OF USING E-CIGARETTES?

SCIENTISTS ARE STILL LEARNING ABOUT THE LONG-TERM HEALTH EFFECTS OF E-CIGARETTES. HERE IS WHAT WE KNOW NOW.

1 Most e-cigarettes contain nicotine, which has known health effects

- » Nicotine is highly addictive.
- » Nicotine is toxic to developing fetuses.
- » Nicotine can harm adolescent brain development, which continues into the early to mid-20s.
- » Nicotine is a health danger for pregnant women and their developing babies.



2 Besides nicotine, e-cigarette aerosol can contain substances that harm the body.

- » This includes cancer-causing chemicals and tiny particles that reach deep into lungs. However, e-cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products.



3 E-cigarettes can cause unintended injuries.

- » Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries.
- » In addition, acute nicotine exposure can be toxic. Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid.



What is Juuling?



E-CIGARETTES SHAPED LIKE USB FLASH DRIVES: INFORMATION FOR PARENTS, EDUCATORS, AND HEALTH CARE PROVIDERS



Electronic cigarettes (e-cigarettes) are battery-powered devices that can deliver nicotine and flavorings to the user in the form of an aerosol. E-cigarettes come in many shapes and sizes.



WHAT'S THE BOTTOM LINE?



A new e-cigarette shaped like a **USB** flash drive is being used by students in schools.



Nicotine is highly addictive and can **harm brain development**, which continues until about age 25.



The use of any tobacco product — including e-cigarettes—is **unsafe** for young people.



Parents, educators, & health care providers can help prevent and reduce the use of all tobacco products, including e-cigarettes, by young people.

>> **Learn HOW** in this fact sheet.

AN INCREASINGLY POPULAR E-CIGARETTE DEVICE, CALLED JUUL, IS SHAPED LIKE A USB FLASH DRIVE.



Use of JUUL is sometimes called "JUULing."

JUUL's nicotine liquid refills are called "pods." JUUL is available in several flavors such as Cool Cucumber, Fruit Medley, Mango, and Mint.



All JUUL e-cigarettes have a high level of nicotine. According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.



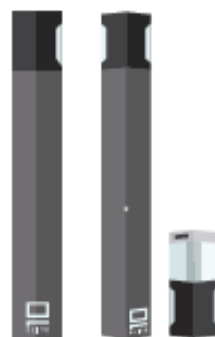
JUUL became available for sale in the United States in 2015. As of December 2017, JUUL is the top-selling e-cigarette brand in the United States.

News outlets and social media sites report widespread use of JUUL by students in schools, including in classrooms and bathrooms.

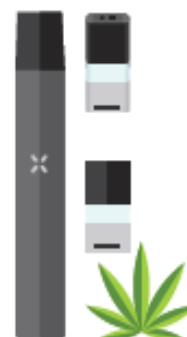
Other devices are becoming available that look like USB flash drives. Examples include the MarkTen Elite, a nicotine delivery device, and the PAX Era, a marijuana delivery device that looks like JUUL.



JUUL



MarkTen Elite



PAX Era

E-CIGARETTE USE IS NOT SAFE FOR YOUNG PEOPLE.

E-cigarettes are unregulated tobacco products and almost all contain nicotine. Youth sometimes think they are inhaling water vapor only, which is not the case. Products appeal to youth by marketing sweet flavors like **mango**, **fruit medley**, and **cool mint**.



Most e-cigarettes contain **nicotine**, which is highly addictive and can **harm brain development**, which continues until about **age 25**.



YOUNG PEOPLE WHO USE E-CIGARETTES MAY BE MORE LIKELY TO GO ON TO USE REGULAR CIGARETTES.



Local Data & State and Federal Regulations

York County PAYS Data

Tobacco-Free York County is a coalition comprised of health care, government, and social service organizations working to protect the public health of York County by partnering with community members to advocate, promote, and educate on the benefits and resources to achieve tobacco-free living. Partner organizations include, but aren't limited to, York County Office of Drug & Alcohol, NAMI, UPMC Pinnacle, WellSpan Health, YMCA, and YWCA. One metric that is particularly helpful in understanding teen drug and alcohol use is the Pennsylvania Youth Survey (PAYS).

The PAYS survey is conducted every other year, and it is distributed to students in the 6th, 8th, 10th, and 12th grades to assess their knowledge, attitudes, and behaviors towards alcohol, tobacco, and other drugs. Not only does PAYS gather data on the prevalence of certain behaviors, it asks questions that help guide understanding as to why these behaviors occur. It also provides statewide data so comparisons can be made from the local level to the county level to the state. In 2017, 16,317 students in York County took the PAYS survey. The survey is anonymous, voluntary and confidential.

	County 2013	County 2015	County 2017
Cigarettes			
Lifetime use for all grade levels	15.3%	13.3%	11.9%
30-day use for all grades	9.8%	5.0%	4.2%
Vaping/E-cigarette			
30-day use	N/A	2.9%	2.7%
<i>Substances used by students indicating electronic vaping product use in the past year</i>			
Nicotine	N/A	22.6%	30.6%
Marijuana or hash oil	N/A	8.8%	12.7%

FEDERAL AND STATE REGULATIONS

In August of 2016, the [Food and Drug Administration](#) (FDA) established a new ruling over e-cigarettes and their liquid solutions. Because these products contain nicotine, they are now subject to the same government regulation as tobacco products. The new provision prohibits the sale of e-cigarettes to anyone under the age of 18 and requires photo identification from adult purchasers under the age of 26. Additionally, it requires producers to register with the FDA and provide a detailed account of their product ingredients as well as the manufacturing process. Likewise, producers must apply to the FDA for permission to sell their products. Before this ruling, there was no federal law prohibiting the sale of e-cigarettes to minors.

Act 112 of 2002

[Act 112 of 2002](#), an Act amending Titles 18 and 53 of the Pennsylvania Consolidated Statutes, prohibiting the sale of tobacco to minors. In 2002, Pennsylvania's Act 112 amended Section 6305 of the Crimes Code and created new fines for clerks and owners of tobacco retail stores.

The Act:

- Prohibits sales of tobacco products to a minor (individual under 18 years of age).
- Prohibits the furnishing of a tobacco product to a minor (selling tobacco to a minor).
- Prohibits vending machines to be in any place where a minor can gain access without the supervision of a parent or guardian.
- Restricts displaying or offering for sale a cigarette out of a pack.
- Restricts access to tobacco products by non-employees.

The goal of this Act is to decrease access to tobacco products for youth and ultimately end illegal tobacco sales to and use by minors in Pennsylvania. In response to this Act, the Pennsylvania Department of Health conducts compliance checks at tobacco retailers across the state to make sure tobacco products are not sold to minors.

To report a youth tobacco sales violation, [click here](#).

Teacher and Parent Tip Sheet



TEACHERS AND PARENTS: That USB Stick Might Be an *E*-cigarette



E-cigarettes are the most commonly used tobacco product among U.S. middle and high school students.



Some e-cigarettes don't look like tobacco products, so some kids use them unnoticed in schools, including in classrooms and bathrooms.



An increasingly popular e-cigarette, called JUUL, is shaped like a USB flash drive.



JUUL delivers a high dose of nicotine. Nicotine is highly addictive and can harm adolescent brain development.



**TOBACCO PRODUCT
USE IN ANY FORM,
INCLUDING
E-CIGARETTES, IS
UNSAFE FOR YOUTH.**

**Parent, Educator, and
Healthcare Provider
Tools for Success**

PARENTS, EDUCATORS, AND HEALTH CARE PROVIDERS CAN HELP PREVENT AND REDUCE THE USE OF E-CIGARETTES BY YOUNG PEOPLE.



PARENTS CAN:

- » Learn about the different shapes and types of e-cigarettes and the risks of all forms of e-cigarette use for young people.
- » Talk to their children about the risks of e-cigarette use among young people. Express firm expectations that their children remain tobacco-free.
- » Set a positive example by being tobacco-free.



EDUCATORS CAN:

- » Learn about the different shapes and types of e-cigarettes and the risks of all forms of e-cigarette use for young people.
- » Develop, implement, and enforce tobacco-free school policies.
- » Reject youth tobacco prevention programs sponsored by the tobacco industry. These programs have been found to be ineffective for preventing youth tobacco use.



PEDIATRIC HEALTH CARE PROVIDERS CAN:

- » Ask about e-cigarettes, including devices shaped like USB flash drives, when screening patients for the use of any tobacco products.
- » Warn patients about the risks of all forms of tobacco product use, including e-cigarettes, for young people.

**PARENTS,
EDUCATORS, AND
HEALTH CARE
PROVIDERS
CAN HELP**



School Tips and Resources

SCHOOL POLICY

The information below is a suggestion on how to strengthen your school's ATOD policy around tobacco by officially prohibiting the possession, use and sales of vape products on school property.

Because we recognize the hazards caused by exposure to environmental tobacco smoke and vape, as well as the life-threatening diseases linked to the use of all forms of nicotine addiction, it shall be the policy of [SCHOOL DISTRICT], effective [DATE], to provide a nicotine-free environment for all students, staff, and visitors. This policy includes the smoking or vaping of any tobacco/nicotine products and the use of oral tobacco/nicotine products, and it applies to students, employees, and non-employee visitors of [SCHOOL DISTRICT].

DEFINITION

- For the purposes of this policy, tobacco shall be defined as any product containing nicotine; lighted or unlighted smoking products, vaping products or oral products.
- Tobacco shall be defined as use AND/OR possession of any smoking, vaping or oral nicotine product, included, but not limited to cigarettes, cigars, vape pens, JUUL, hookah pens, pipes, chew, spit, etc.

PUPILS

- Incidents of possession, use AND/OR sale of tobacco in violation of this policy by any students on any school property or associated property will result in [INSERT DISCIPLINARY ACTION BASED ON 1ST, 2ND AND 3RD OFFENSE].
- Tobacco Treatment Programs will be offered to violators.

EMPLOYEES

- There shall be no tobacco permitted on the property or in the vehicles of [SCHOOL DISTRICT]. This policy applies to the employees and any other persons utilizing [SCHOOL DISTRICT], property, vehicles, or equipment.

COMMUNITY/VISITORS/VOLUNTEERS

- [SCHOOL DISTRICT] prohibits tobacco use by any persons in its school buildings and on any property, buses, vans, and vehicles that are owned, leased or controlled by the school districts, including field trips, sporting events, etc.

HOW TO CREATE A SUPPORTIVE SCHOOL ENVIRONMENT

Great American Smokeout

The Great American Smokeout is a national quit day. Provide onsite cessation resources, and/or engage your students in supporting family members that would like to quit.

Kick Butts Day

Kick Butts Day empowers youth to stand up to Big Tobacco.

World No Tobacco Day

World No Tobacco Day is a day of policy reform, focusing on the link between tobacco use and the increased risk for diseases like heart attack and stroke. Join in by taking a field trip to Harrisburg to meet with legislators, or have students spread the word through designing a social media campaign.

If you would like to set up a **FREE** presentation at your school, please contact us at (717) 851-5805 or email tobaccofreeyorkco@gmail.com.



Additional Resources:

<https://www.cdc.gov/tobacco/>

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

<https://www.health.pa.gov/topics/programs/tobacco/Pages/Outline.aspx>

For more information, please
contact us at (717) 851-5805 or
email
tobaccofreeyorkco@gmail.com



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention