

Case Study: Response to Vaping

What are E-cigarettes (Vapes)?

- Devices that deliver nicotine, flavoring, and other additives by heating a liquid to create a vapor that is inhaled.
- Also known as e-cigs, vape pens, and vapes
- Battery-powered and rechargeable
- Can also deliver THC, the psychoactive chemical in marijuana, and other illicit drugs
- Sleek designs and a wide variety of flavored liquids
- Readily available at stores and online

Vaporizers



Incognito Vaporizers



JUUL Vaporizer

This vaporizer looks like a USB drive, has a charger for a USB port, and is made by the company who makes the very popular PAX vaporizer.



Nicotine Concentrates for Vapes



VAPES for CANNABIS
Cannabis can be smoked
using normal plant material
or concentrates (AKA:
Shatter, Budder, Dab, Wax,
Honey)



EDIBLES



What Are the Health Risks of Vaping?

- Nicotine
 - Disrupts the growth of brain circuits that control attention, learning, and susceptibility to addiction.
 - Contributes to lower impulse control and mood disorders.
- Vapor
 - Ultrafine particles
 - Flavorings such as diacetyl, a chemical linked to serious lung disease
 - Organic compounds such as benzene, which is found in car exhaust
 - Heavy metals, such as nickel, tin, and lead

What Are the Health Risks of Vaping?

- THC
 - Acute effects on perception and skilled performance, such as driving and other complex tasks involving judgement or fine motor skills
 - Short-term memory impairment
 - Slowness of learning
 - Impaired immune response
 - Possible adverse effects on heart function
 - Behavioral and psychological effects

Is this Health Risk Growing for Adolescents?

- 2016 Youth Risk Behavior Survey
 - 7% of students reported smoking at least one cigarette in the last 30 days
 - 19% of students reported using an e-cigarette at least once during the last 30 days
 - National average = 24% (2015)
- Discipline
 - 2015-16 = 22 consequences at the Winnetka Campus (1/2 for E-cigarettes)
 - 2016-17 = 78 consequences (All but 3 for e-cigarettes)
 - 2017-18 = 58 consequences. (All but 2 for e-cigarettes)
- Extracurricular Code
 - 2016-17 = 5 of 18 (28%) of Athletic code violations
 - 2017-18 = 8 of 23 (35%) of Athletic code violations

How Do We Educate Students to the Risk?

- Kinetic Wellness Health Curriculum
 - Provide accurate information on health risks
 - Dispel myths of perception
 - 19% report using but students perceive 56% of classmate use
 - Help students develop strategies to avoid vaping
- Under Your Own Influence
 - Social norming campaign
 - Posters and video monitors

How Do We Educate Staff to the Risks?

- April Staff Meeting
 - Alert staff members to the problem
 - Provide accurate information
 - Help staff members identify devices
- Adviser In-service Presentations
 - Facilitated by Student Assistance Program Coordinator
 - Provide accurate information
 - Help advisers plan discussions around this topic

How Do We Educate Parents to the Risks?

- October Straight Talk Program
 - Alert parents to health issue
 - Provide accurate information
 - Support strategies for prevention and intervention at home
- Adviser Chair Presentations at Parent Coffees
 - Provide accurate information
 - Support strategies for prevention and intervention at home

Administrative Response

- Violations of Illinois School Code, Board Policy, and Guidebook
- Consequences for Violation
 - Possession = Saturday School to All Day Detention with referral to Student Assistance Program
 - Use = All Day Detention to multiple All Day Detentions with referral to Student Assistance Program
 - Possession and/or use of THC multiple All Day Detentions with referral to Student Assistance Program and village citation

What More Can We Do?

- Review and adjust Kinetic Wellness' Health curriculum
- Review and adjust disciplinary consequences
- Village citations for possession or use of e-cigarettes
- Installation of vaping detectors in bathroom spaces
- Township-wide parent education evening
- Evaluate data from 2018 Youth Risk Behavior Survey and continue monitoring

Questions