

# SJPS SELF-CARE SERIES

Issue 4 - December 2018

## Vaping Epidemic...

"In 2016, the surgeon general reported that there was a 900% increase in e-cigarette use among high school students between 2011 and 2015. The FDA said more than 2 million middle and high school students had used e-cigarettes in 2017, so reversing this trend may be an uphill battle."

"In the past year alone, vaping among high schoolers has increased 78%"

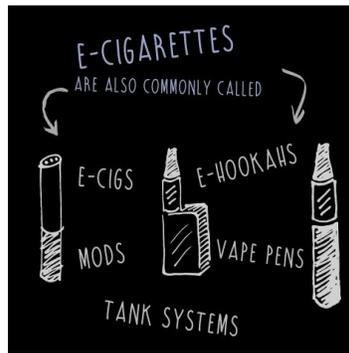


*\*click here to read more*

- [Brain risks](#)
- [Addiction](#)
- [Behavior risks](#)
- [Risk of using 2 or more tobacco products](#)
- [Aerosol and other risks](#)

## Parent Tip Sheet:

*\*Click here to read more*



### FAQ's:

- Are e-cigarettes tobacco products?
- Why are e-cigarettes so popular with young people?
- Are e-cigarettes less harmful than cigarettes?
- How do e-cigarettes harm brain development?

*\*click here for answers*

### Guidance

In collaboration with the Berrien County Health Department, the SJPS Guidance Department presented The Mock Bedroom at November Parent/Teacher Conferences.

The display demonstrated a typical teenager's room, scattered with obvious and not-so-obvious clues that drug abuse is occurring.

Thank you to Berrien County Health Dept/ Voice Change Hope for bringing this awareness to our families.



### Bathroom Signs

The Guidance Department has created multiple informational signs that bring awareness to the dangers of vaping. These signs will be posted inside each bathroom stall at Upton and SJHS at the start of the new year.

### VAPING: What's the big deal?

<p><b>ACETONE</b> Commonly used in nail polish removers. It can irritate the eyes and may depress the central nervous system.</p>	<p><b>LEAD</b> - Used in car batteries. It is highly toxic and has been banned from paint products. Lead poisoning slows growth, causes nausea &amp; vomiting and damages the brain.</p>	<p><b>ACETALDEHYDE</b> Carcinogen found in cigarette smoke. It irritates the skin, eyes, mucous membranes, throat, and respiratory tract.</p>
<p><b>FORMALDEHYDE</b> Formaldehydes use is to preserve dead bodies. It causes cancer and can damage lungs, skin &amp; digestive system.</p>	<p><b>TOUJOLENE</b> Commonly used ingredient in paint thinner. It is highly toxic. Exposure to even low levels can cause headache, nausea &amp; wheezing.</p>	<p><b>ACROLEIN</b> Used as an herbicide to control weeds and algae. It is a toxic irritant for skin, eyes, &amp; nasal passages.</p>
<p><b>PROPYLENE GLYCOL</b> Commonly used in theatrical fog. It is considered safe when ingested, but little is known about long-term health effects when inhaled.</p>	<p><b>CADMIUM</b> Commonly used in batteries. It causes damage to the liver, kidneys and brain and stays in the body for years.</p>	<p><b>NICKEL</b> Commonly used in stainless steel, magnets, and batteries. It causes cancer &amp; can damage lungs and immune system.</p>
<p><b>LIQUID NICOTINE</b> The most dangerous part of an e-cigarette might be the liquid nicotine. It is highly addictive and toxic. Even small amounts of liquid nicotine absorbed through the skin or swallowed can cause vomiting and seizures, and could be fatal for a child.</p>		
<p><b>Ads claim e-cigarettes emit only harmless water vapor...</b> <b>NOT TRUE</b> <b>Look at what they can emit!!</b></p>		

### Watch it:

CNN-Vaping Epidemic in High School

*\*Click here to watch*

### Coming Soon:

January 7-11 2019: Vaping Awareness Week at SJHS.

Students will return from the holiday break for a week of awareness activities and information presented daily about the facts and dangers of vaping.

In an effort to meet the needs of all students, the Guidance Staff via the Health Department, conducted focus groups to see what is foremost on students' minds. The results indicated many students are highly stressed. A significant portion reported they self-medicate through use of substances, such as those found in vapes. Stay tuned for the next Self-Care edition covering Stress, Anxiety, and Mental Health.