

EPIDEMIC TO ACTION: WHAT EDUCATION ADMINISTRATORS NEED TO KNOW

Florida's experience fighting youth tobacco use proves that community action is needed now to combat the youth e-cigarette epidemic.



WHAT IT IS

- Youth vaping is an epidemic. It's time to take action.
- Though the increase in youth e-cigarette use rates has slowed, 25.6% of high schoolers and 9.1% of middle schoolers are still using e-cigarettes.
- Juul's flavored pods have been pulled from the market and its sales are declining, but new flavored products like Puff Bars, Stig and Smok, are becoming more popular and are quickly filling that void.



WHY IT MATTERS

- The brain develops until about age 25 and is more vulnerable to nicotine's effects, including reduced impulse control, attention and cognition deficits, and mood disorders.
- Using nicotine in your teens may also increase risk for future addiction to other drugs and tobacco products.
- E-cigarette aerosol can contain harmful substances like cancer-causing chemicals, propylene glycol, diacetyl, and heavy metals such as nickel, tin, and lead.
- The long-term effects of e-cigarettes are unknown.

ACTIONS YOU CAN TAKE

As an education administrator, you have an important role in protecting students from e-cigarettes.

- Host open conversation sessions with students about the dangers of e-cigarettes.
- Familiarize yourself with the new, disposable products youth are using.
- Brief all school staff and volunteers on the basics of these products and their risks.
- Make sure parents and staff are aware of your school's tobacco policy (including confiscation of prohibited materials) and how to enforce it.
- Review your tobacco free school policy to make sure it addresses all tobacco products, including e-cigarettes.

You can find free resources to distribute to youth at endteenvapingFL.gov.

AASA, the School Superintendents Association, also has a Roadmap for School Administrators you can find at aasacentral.org/youth-vaping-toolkit.

Learn more about how you can get involved at tobaccofreeflorida.com/epidemictoaction.

