

# Clearing the Air on Vaping's Dangers

No matter what you call it - vaping, Juul-ing, e-cigarettes - or how harmless the devices may seem, let's clear the air: these are dangerous devices not permitted in schools.

CCSD takes vaping as seriously as any other tobacco product or marijuana, and the repercussions to a student's health and school record are not worth risking. A 2018 national study released reported **1 in 5 high school students have tried vaping**. The majority of student disciplinary tribunals held by CCSD so far this school year have been focused on vaping and distribution of vaping devices and oils, with punishments as tough as expulsion.

**What is vaping?** It's the most common way to refer to using a "smokeless" tobacco device to inhale vaporized nicotine or other drugs from oil. While initially shaped like cigarettes, most vaping devices now look like a pen or flash drive or are designed to mimic other common small items like a pack of gum or a lipstick tube.

**What's in the vapor?** The vapor comes from an oil, which primarily contains nicotine. Flavorings are added to many oils, which make them even more appealing to younger users. Some oils are made from cannabis and contain the same mind-altering THC as illegal recreational marijuana.

**What's the danger?** There are two dangers to consider: the danger to your child's health, and the danger to his or her success at school.

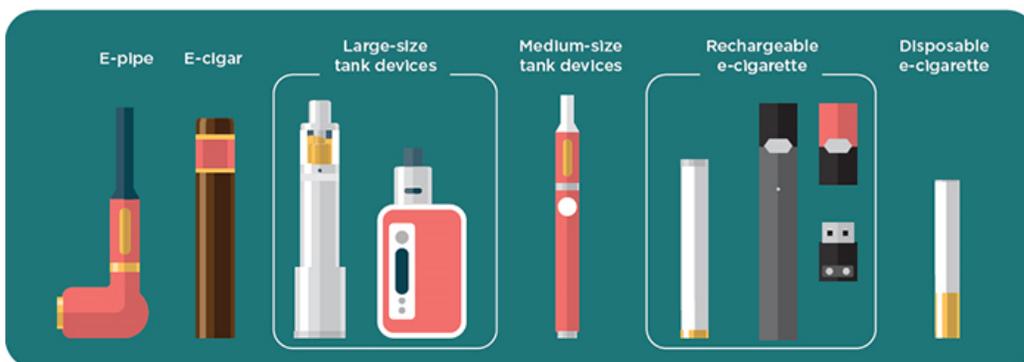
Research shows that while vaping may be less harmful than smoking traditional tobacco products, vaping is still too harmful for doctors to recommend it as a tool to quit smoking (they advocate for quitting, and a regulated nicotine replacement therapy if a quitting aid is needed). **Nicotine is a drug:** it causes harm to users' hearts and respiratory systems and additional negative impacts to still-developing children and teenagers -- including damage to cognitive development. Nicotine is a highly addictive substance, and vaping as a teen can set your child up for a lifelong battle with addiction.

Long-term effects of vaping are unknown, which should be cause enough for alarm. If that's not enough, consider the immediate risks of vaping oils when the contents are unknown, possibly contaminated, and possibly dangerous... a child or teen can overdose on THC and other drug-laced oils and end up hospitalized or worse.

**The danger to your child's success in school is clear, as CCSD has zero tolerance for vaping.** Students found possessing, using or distributing vape oil will face disciplinary action. We encourage students and parents to report vaping and the distribution of vaping devices and oils to our [SafeSchools Alert System](#), which can be used anonymously, with tips made by text, email, phone call, online message or mobile app.

**What should you do?** Talk to your children about the dangers of vaping. Keep up with what they're doing in their bedroom and bathroom when the door is closed, what's in their backpack, and who they're hanging out with. Clear the air - you'll be glad you did.

Click to learn more from experts: [Centers for Disease Control & Prevention \(CDC\)](#) & [American Lung Association](#)



At left: Types of vaping devices (Source: CDC.gov)

