

Addressing Student Use of E-cigarettes and other Vaping Products

For the first time since 2000, overall youth tobacco use has increased in Minnesota. The rapid uptake of e-cigarettes and other vaping devices has suddenly reversed a trend of declining teen tobacco use in Minnesota, and recent data show one in five high school students use e-cigarettes, a nearly 50 percent increase since 2014.

This toolkit provides tools and resources for Minnesota school staff, including administrators, educators, teachers and health services staff, who are working to address the use of e-cigarettes and other vaping products in schools. This toolkit outlines opportunities for action that can be taken by various school staff, along with resources and tools to help.

E-cigarettes and other Vaping Products

E-cigarettes are battery-powered devices that allow users to inhale, or vape, aerosolized liquid (e-juice). E-cigarettes, “vapes”, vape or hookah pens, e-pipes, and other vaping products recently surpassed conventional cigarettes as the most commonly used tobacco product among youth^[1] so it is critical that public health officials and the general public understand the potential risks of using them.



Nearly all e-cigarettes contain nicotine.^[2] Nicotine is highly addictive and can harm the developing adolescent brain.^[1, 3, 4] Because the brain is still developing until about age 25, youth and young adult exposure to nicotine can lead to addiction and disrupt attention and learning.^[1] No amount of nicotine is safe for youth.

Learn more about e-cigarettes and nicotine

- [Health Advisory: Nicotine and the Escalating Risk of Addiction for Youth \(PDF\)](#)
- [Health Risks of Nicotine for Youth](#) – Minnesota Department of Health
- [E-cigarettes and other Vaping Products](#) – Minnesota Department of Health
- [Factsheet: Youth Tobacco Use Rises for First Time in 17 Years \(PDF\)](#) – Minnesota Department of Health
- [E-cigs 2.0: The Next Generation \(PDF\)](#) – Association for Nonsmokers – Minnesota

School Administrators

Tobacco-free spaces are a proven way to prevent youth tobacco use and protect students, faculty, and visitors from secondhand smoke. Tobacco-free schools is one way to address increasing popularity of e-cigarettes and other vaping devices among youth.

Here's what you can do

Issue an advisory to parents.

Resources for parents

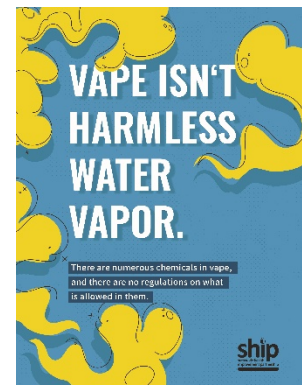
- [Teachers and Parents: That USB Stick Might Be an E-cigarette poster](#) – CDC
- [Should I Talk to My Kids About Vaping?](#) – Twin Cities Medical Society
- [Know The Risks E-Cigarettes and Young People](#) – U.S. Department of Health and Human Services
- [Juuling: What Pediatricians and Families Need to Know](#) – American Academy of Pediatrics

Strengthen and review current policy.

- [Minnesota Laws Addressing Tobacco Product Use in Public and Charter Schools \(PDF\)](#) – Public Health Law Center
- [Model Policy for a Tobacco-free Environment in Minnesota's K-12 Schools \(PDF\)](#) – Public Health Law Center
- [Tobacco-Free Schools: A Guide for Adopting and Implementing a Policy \(PDF\)](#) – Association for Nonsmokers – Minnesota

Promote health messaging throughout school.

- [Create Tobacco-Free Schools](#) – American Lung Association
- [Free Signs](#) – Association for Nonsmokers – Minnesota
- Free school posters targeting youth with messaging on the harms of nicotine and risk of addiction. These posters were developed by Hopkins One Voice Coalition, in partnership with Hennepin County and Community Blueprint, with input from a youth focus group from Hopkins High school.
 - [Think you can low-key vape? \(PDF\)](#)
 - [Vaping to be different? So is everyone else. \(PDF\)](#)
 - [Vape isn't harmless water vapor. \(PDF\)](#)
 - [Vaping to fit in? Typical. \(PDF\)](#)



Share resources to staff for quitting tobacco.

- [Helping People Quit](#) – Minnesota Department of Health
- [Free QUITPLAN® Services Materials to Distribute](#) – QUITPLAN® Services

Curriculum Coordinators, Health Educators, and Teachers

The Centers for Disease Control and Prevention (CDC) provides evidence-based recommendations to help design and implement quality school programs to prevent tobacco use. While the tobacco industry continues to engage schools and offer free tobacco prevention curriculum, industry-sponsored school-based programs are ineffective and may ultimately promote tobacco use among youth.

Here's what you can do

Update curriculum that addresses the harms of nicotine and e-cigarette use.

- [Tobacco Industry-Sponsored Youth Prevention Program in Schools \(PDF\)](#)
- [Tobacco Use Prevention Through Schools: Guidelines and Strategies](#)
- [HECAT: Module T \(Tobacco-Use Prevention Curriculum\)](#)

Use relevant, youth friendly lesson plans.

- [The Tobacco Prevention Toolkit](#) – Stanford Medicine
- [E-cigarette Prevention: Catch My breath](#) – CATCH (Coordinated Approach to Child Health)
- [Teachers: Classroom Resources on Drug Effects](#) – National Institute on Drug Abuse for Teachers
- [smokeSCREEN: A smoking Prevention Videogame](#) – play2PREVENT
- [Get Smart about Tobacco: Health and Science Education Program](#) - Scholastic
- [Tobacco 101](#) – Association for Nonsmokers – Minnesota
- [Lesson Plan: Vaping and JUULing](#) – Twin Cities Medical Society
- [Taking Down Tobacco](#) – Campaign for Tobacco-Free Kids
- [Teens: Drug Use and the Brain](#) – National Institute on Drug Abuse for Teens

School Health Services

Here's what you can do

Educate students on the harms of nicotine and e-cigarette use.

- [Health care professionals: educate your young patients about the risks of e-cigarettes \(PDF\)](#) – CDC
- [Know The Risks E-Cigarettes and Young People](#) – CDC

Provide resources to parents about talking to their teens.

- [Should I Talk to My Kids About Vaping?](#) – Twin Cities Medical Society
- [Talk with your teen about e-cigarettes: A tip sheet for parents \(PDF\)](#) – CDC
- [Teachers and Parents: That USB Stick Might Be an E-cigarette](#) – CDC
- [Juuling: What Pediatricians and Families Need to Know \(PDF\)](#) – American Academy of Pediatrics
- [Parents: Facts on Teen Drug Use](#) – National Institute on Drug Abuse for Parents

Share resources for quitting tobacco.

To help youth

- [Smokefree Teen](#) – U.S. Department of Health and Human Services

To help adults

- [Helping People Quit](#) – Minnesota Department of Health
- [Free QUITPLAN® Services Materials to Distribute](#) – QUITPLAN® Services

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To obtain this information in a different format, call: 651-201-3535. Printed on recycled paper.

1. U.S. Department of Health and Human Services, *E-Cigarette Use Among Youth and Young Adults. A Report of the Surgeon General*. 2016, U. S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health: Atlanta, GA.
2. Marynak, K.L., et al., *Sales of Nicotine-Containing Electronic Cigarette Products: United States, 2015*. Am J Public Health, 2017. **107**(5): p. 702-705.
3. England, L.J., et al., *Developmental toxicity of nicotine: A transdisciplinary synthesis and implications for emerging tobacco products*. Neurosci Biobehav Rev, 2017. **72**: p. 176-189.
4. Goriounova, N.A. and H.D. Mansvelder, *Short- and long-term consequences of nicotine exposure during adolescence for prefrontal cortex neuronal network function*. Cold Spring Harb Perspect Med, 2012. **2**(12): p. a012120.