Counselor Cafe
Vaping
Prevalence of Vaping

In 2023, 10.0% of middle and high school students (2.80 million) reported current (i.e., past 30-day) use of any tobacco product.

Among middle and high school students, e-cigarette products were the most used tobacco product in 2023 (7.7%; 2.13 million)

Among students who had ever used an e-cigarette, 46.7% reported current use.
What is Vaping

Parts of an Electronic Cigarette

- Mouthpiece
- Heating element/Atomizer heats the “juice” to make vapor.
- Cartridge (tank) holds the liquid “juice.”
- Microprocessor
- Battery
- Many devices have a switch to activate the heating element.
- Some devices have a light-emitting diode on the end to simulate the glow of a burning cigarette.
The most commonly reported brands amongst students are: Elf Bar, Esco Bars, Vuse, JUUL, and Mr. Fog
Health Risks

Lungs
- Cancer
- Lung Disease
- Heavy metals in lungs
- Chronic Obstructive Pulmonary Disease
- Emphysema
- Secondhand vape smoke is still dangerous

Heart
- Increases likelihood of a heart attack
- Increases likelihood of a stroke
- Raises blood pressure

Brain
- Nicotine Addiction
- Mood Disorders (depression, anxiety)
- Psychosis (marijuana)
- Permanent lowering of impulse control
- Harms attention and learning
Signs of Vaping

- Equipment (devices that look like USB drives, e-juice bottles, pods/cartridges, gel jars)
- Unusual packages in the mail
- Vague whiffs of a flavoring (food smells, skunk-like smells)
Signs of Vaping

- Increased thirst
- Nosebleeds
- Interest in stronger flavors
- Decreased caffeine use
- Vaping Nicotine: Anxiety, irritability, difficulty concentrating, loss of appetite
- Vaping Marijuana: bloodshot eyes, dry mouth, thirst, increased appetite, shifts in behavior and mood
- Trouble breathing
- Headaches
- Frequent coughing, sore throat
How to Talk to your Child

- Look for an opportunity to bring it up
  - news stories, letters from the school about vaping policies, ads, seeing someone vaping, commercials, passing a vape shop
- Be ready to listen rather than give a lecture
- Focus on health and safety rather than threatening punishment
- Use open ended questions
  - Nothing that can be answered with a “yes or no”
How to Talk to your Child Continued...

- When answering questions, get their perspectives and acknowledge the appeal of vaping and “benefits”
- Offer honest, accurate information about vaping
- Have these conversations frequently and as EARLY as possible
  - Students in elementary have been reported vaping
- Try to understand why they’re vaping
  - ASK questions like “What do you enjoy about it? How does it make you feel” to address needs
How to Address Vaping

- Set clear expectations
  - Follow through with consequences and make sure that they’re not overly harsh, punitive, or long-lasting
- Ensure your child has healthy ways of the following:
  - Having fun
  - Fitting in
  - Alleviating stress
  - Addressing anxiety or depression
- Set a good example
  - Try being vape and tobacco-free
    - If you do vape or smoke, keep your equipment and supplies secured
Texas Education Law 2023

**AN IMPORTANT MESSAGE FROM HOUSTON INDEPENDENT SCHOOL DISTRICT**

**VAPE = DAEP**

**TEXAS HOUSE BILL 114**

Any student caught violating the new law relating to e-cigarettes will be subject to immediate DAEP placement, as mandated by the state law.
Need Assistance?

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