

# Counselor Connection



Parenting Tips  
for Today

NOVEMBER 2019 | VOL. 1 ISSUE 1

## What's all this about vaping—Is it really a problem?

*Park City School District works with students and families to minimize/eliminate the use of e-cigarettes in or around school campuses. If devices are found, cartridges are tested to be certain there are not illegal substances such as THC in the device. Devices, as they are not permitted on site, are confiscated. We work with students and families on both educational intervention and age appropriate consequences. Please contact your school administrators if you have additional questions about vaping or the use of e-cigarettes on campus.*

According to the Centers for Disease Control and Prevention:

- During 2017 and 2018, e-cigarette use skyrocketed among youth, leading the U.S. Surgeon General to call the use of these products among youth an epidemic in the United States.
- In 2018, CDC and FDA data showed that more than 3.6 million U.S. youth, including 1 in 5 high school students and 1 in 20 middle school students, were past-month e-cigarette users. Recent Summit County data from the SHARP Survey showed 1 in 4 in high school, 1 in 10 in junior high and 1 in 100 in middle school.
- Students who use tobacco may be more likely to use alcohol and other drugs such as cocaine and marijuana.



We know that using tobacco, alcohol, or other substances have a negative impact on children's developing brains. And that in turn, affects learning, motivation, memory, judgment, and behavior control. That means parents and teachers need to be especially vigilant. Prevention is truly the key, especially since all routine e-cigarette users were once intermittent users.

Some things to consider:

- Three-quarters of youth get it from friends and directly from stores, and there are no restrictions on advertising which is where 8 in 10 children are exposed.

- Utah has the highest rate of adult e-cigarette use in the country but one of the lowest for cigarettes. Youth think e-cigarettes produce plain water vapor when they actually produce aerosol. While they might not try cigarettes, they mistakenly believe e-cigarettes to be safer.
- About one third of youth using e-cigarettes are using THC (the main psychoactive compound in marijuana).

Staying alert to the trends students may follow includes being informed and proactive in our monitoring, as well as restricting access.

So how can we help our children make healthy choices to stay safe and avoid developing substance dependence of any kind? How can schools and parents partner so students are getting the facts? There are several resources for parents that are included in our inaugural issue of *Counselor Connection*. In addition, we want to share what counselors and social workers in our schools are doing related to each *Connection* topic to promote our academic, social, emotional, and behavioral wellness.



#### Important Reads This Month

- [Vaping: What You Need to Know](#)
- [You\(th\) and Tobacco](#)
- [Vaping: Dangerous, Available and Addicting](#)
- [KPCW - Park City School District Addresses Vaping](#)



#### School News

What are our schools doing on this topic?

- Elementary: Healthy Lifestyles Curriculum; Refusal Skills
- Middle: Red Ribbon Week Activities, Health Curriculum, vape detectors in restrooms, DEA Agent guest speaker, Restorative Practices
- Jr. High: Health Curriculum, Prime for Life prevention class, vape detectors in restrooms, Referral to smoking cessation programs, Restorative Practices, Botvin Lifeskills Curriculum
- High School & PLC: Botvin Lifeskills Curriculum, Miner Advantage and Prime for Life prevention classes, vape detectors in restrooms, Referral to smoking cessation programs, on-site U. of U. Cessation Group offered, Restorative Practices, Healthy Lifestyle Choice Education

**Want To Learn More?  
See Our Resources Section!**

#### More Resources

- [Natural High \(video\)](#), and [Kids Health \(for Kids, Parents, Teens\)](#),
- [The Tobacco Talk](#)
- [Talk to Youth About Risks - CDC](#) and [Parents Empowered](#)