

POINT PLEASANT BOROUGH HIGH SCHOOL

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Principal
Kurt A. Karcich

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February 2, 2018

Dear Parents/Guardians:

We are writing to inform you of a growing and alarming trend in numerous high school-aged students nationally and across New Jersey, and how we are addressing the issue. The trend, called “vaping,” is an alternative to smoking traditional cigarettes using an e-cigarette or similar device. The vaping companies are targeting kids (ages 11-18) by portraying vaping as “cool for kids” and as a safe alternative to smoking cigarettes. They are offering enticing flavors such as Mango, Cotton Candy, and Gummi Bear to allure teenagers. These flavors are made from harmful chemicals that were not designed to be heated and vaporized or mixed with nicotine!

Mr. Foley (Student Assistance Counselor) and I have recently completed conducting presentations to students on the dangers and health effects of vaping. We conducted several presentations to small groups of students (during Physical Education classes), rather than holding a large assembly, to ensure that students were engaged and were able to ask questions and participate in the discussion. The Point Pleasant Borough School District prioritizes the health and safety of your child as a foundation for excellence in education, and we are diligently working to spread awareness of this growing epidemic. Please review the back of this letter for a brief overview of vaping.

In light of the rising trend in vape usage, we are currently working on revising the Board of Education policy on the use of Tobacco Products on school property. The revised policy will detail the consequences students will face for vaping on school property. We will notify you when the revised policy is officially implemented. In addition, we plan on holding a parent forum on vaping in the spring. We will announce the date and time of the parent forum when it has been finalized.

We ask for your help in keeping our students safe from the dangers of vaping. We encourage you to review this information with your child and to keep an open line of communication.

If you have any questions or concerns, please feel free to contact me at extension 2205 or Mr. Foley at extension 2230.

Sincerely,



Kurt Karcich
Principal

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What is Vaping?

- According to the National Center on Addiction and Substance Abuse, “[v]aping involves inhaling and exhaling the vapor produced by an electronic cigarette or device.”
- Vaping produces an *aerosol*, not tobacco smoke, which is often mistaken for water vapor. The vapor produced actually consists of fine particles that contain varying amounts of *toxic chemicals linked to cancer, respiratory and heart disease*.
- The type of liquid used also varies – some contain nicotine, others contain THC (active ingredient in marijuana), and most come in different flavors.

Why is Vaping on the Rise with Teens?

- The use of vaping in teens is rising steadily. According to data collected by the U.S. Surgeon General in 2015, 16% of high school students reported vaping in the last month. *However, most experts believe that number is closer to 40% today!*
- E-cigarettes are very accessible for teens. Even though the law requires users to be age 21, e-cigarettes and vaping devices are easily purchased online without age verification.
- The use of attractive flavorings (blueberry, cotton candy, apple, etc.) in e-cigarette liquids specifically targets young adults who would otherwise never try nicotine in the form of a traditional cigarette. Recent studies have shown that *non-smoking youth who use e-cigarettes are more likely to try conventional cigarettes in the future than non-smoking youth who do not use e-cigarettes* (Population Assessment of Tobacco and Health (PATH) Study).

How Does Vaping Affect your Health?

- Contrary to popular belief, the aerosol from e-cigarettes is not harmless. According to the Surgeon General, the *aerosol contains diacetyl, a chemical linked to serious lung disease; benzene, which is found in car exhaust; and heavy metals such as nickel, tin and lead*.
- E-cigarettes are powered by batteries – defective batteries in various devices have been known to cause fires and explosions, some of which have resulted in serious injuries.
- Vaping liquids are not exclusive to nicotine – these devices can also be used to vape THC.