



DO I REALLY WANT TO USE THESE...



First Last - Title Goes Here

PRACTICE SELF-CARE

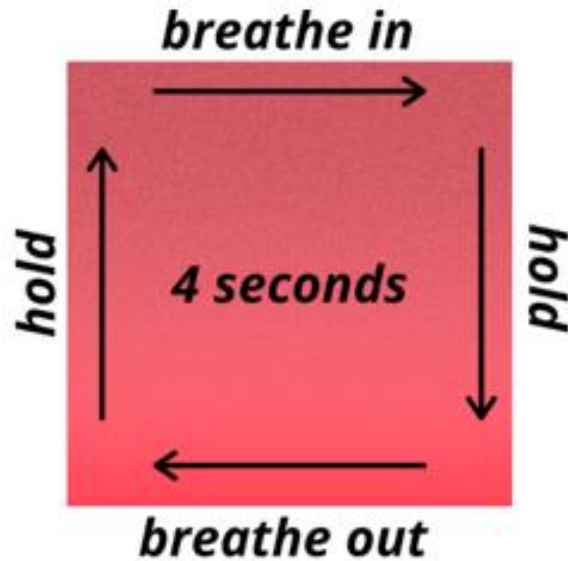
Some of the topics are sensitive.

**Please participate in a way that feels best for
you.**

Feel free to ask for support at any time.



PRACTICE SELF-CARE



LET'S TALK ABOUT IT

- Why were vapes created and what is in them?
- What is nicotine?
- What is THC?
- Consequences of using nicotine and/or THC
- When "NAH" is not enough...
- Helping a friend...



IMAGINE AN ELEPHANT

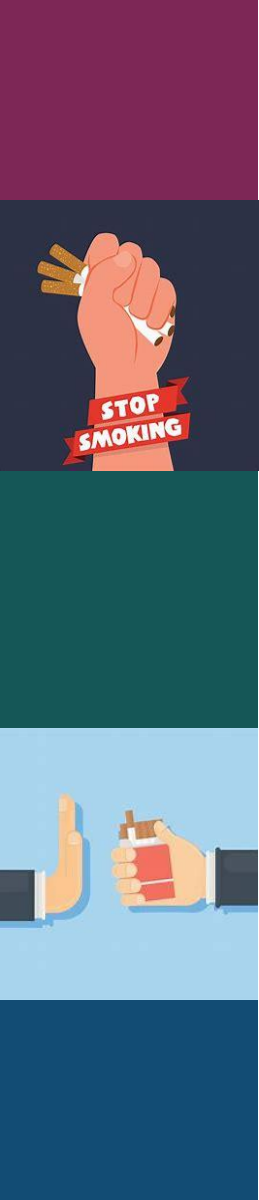


WHY WAS IT CREATED

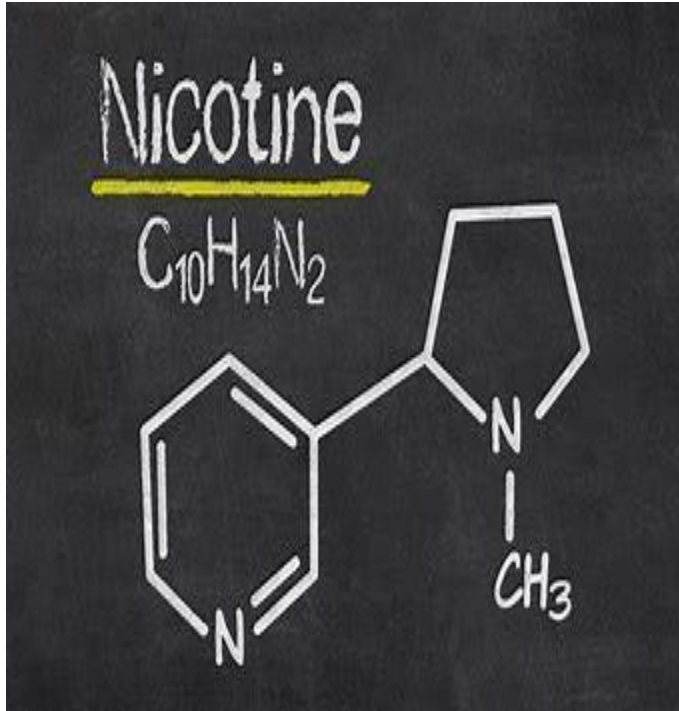
Vaping was originally invented as a device...

to help people **STOP** smoking cigarettes.

QUIT



WHAT IS NICOTINE



"Nicotine is a **highly addictive** chemical compound present in a tobacco plant. All tobacco products contain nicotine, such as cigarettes, cigars, smokeless tobacco, hookah tobacco, and most e-cigarettes.

Nicotine is what **keeps people using** tobacco products."

- FDA.gov



euphoria



WHAT IS THC

Tetrahydrocannabinol (tet·ra·hy·dro·can·nab·i·nol)

The compound in charge of psychoactive components that give people the sense of euphoria.

CONTAINS
THC



INGREDIENTS

E-liquid or **juice** may contain:

- Nicotine
- **THC** flavoring
- Propylene Glycol
- Vegetable Glycerin
- Other ingredients



What are your thoughts?

Why do you think teens vape
nicotine and THC?



FUN

ANXIETY

SPORTS

MEDIA

MENTAL HEALTH

INFLUENCES

DEPRESSION

STRESS

SCHOOL

BORED

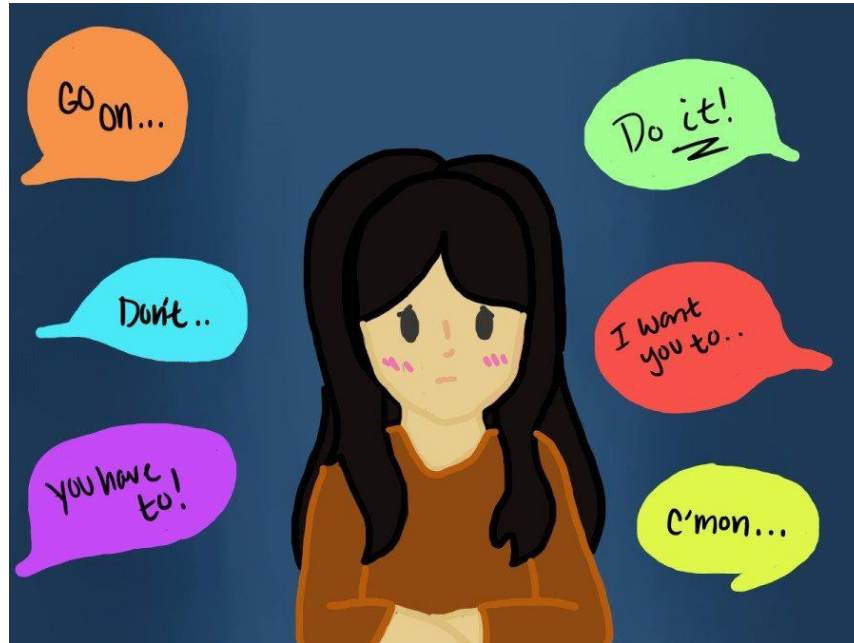
FAMILY

PEER PRESSURE

PEER PRESSURE

Friends

Society



Family

Social Media



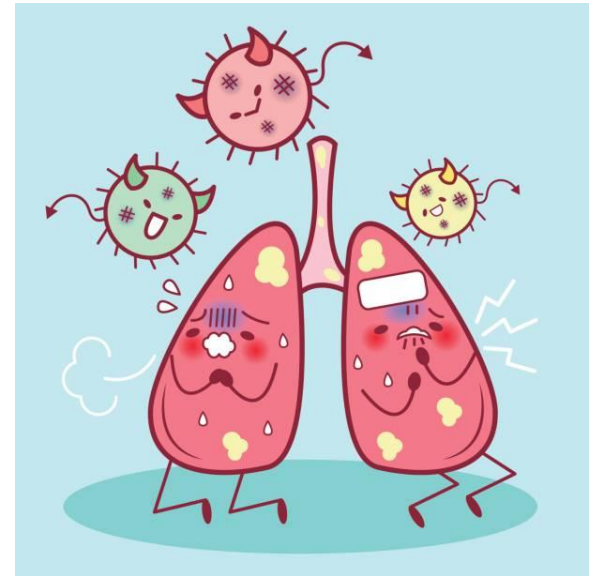
What are your thoughts?

What are the risks/consequences
with vaping nicotine or THC?



Consequences For Using *Nicotine*

- Heart problems
- Addiction
- Academic struggles
- Relationship challenges
- Lung problem



Consequences For Using *THC*

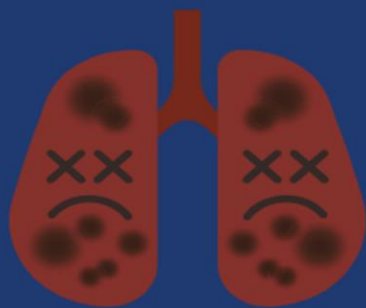
- Heart problems
- Addiction
- Poor sleeping adjustment
- Altered senses
- Lower IQ
- Academic challenges
- Relationship challenges
- Losing out on important life skills



Numbers of Lung Injuries and Deaths Related to Use of E-Cigarettes, or Vaping

Source: Centers for Disease Control and Prevention
As of February 18, 2020

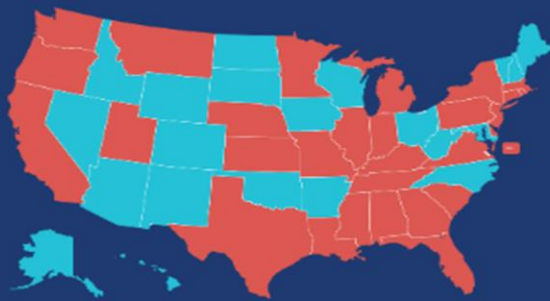
LUNG INJURIES



2,807

confirmed and probable lung injury cases reported by all 50 states, D.C., and 2 U.S. territories

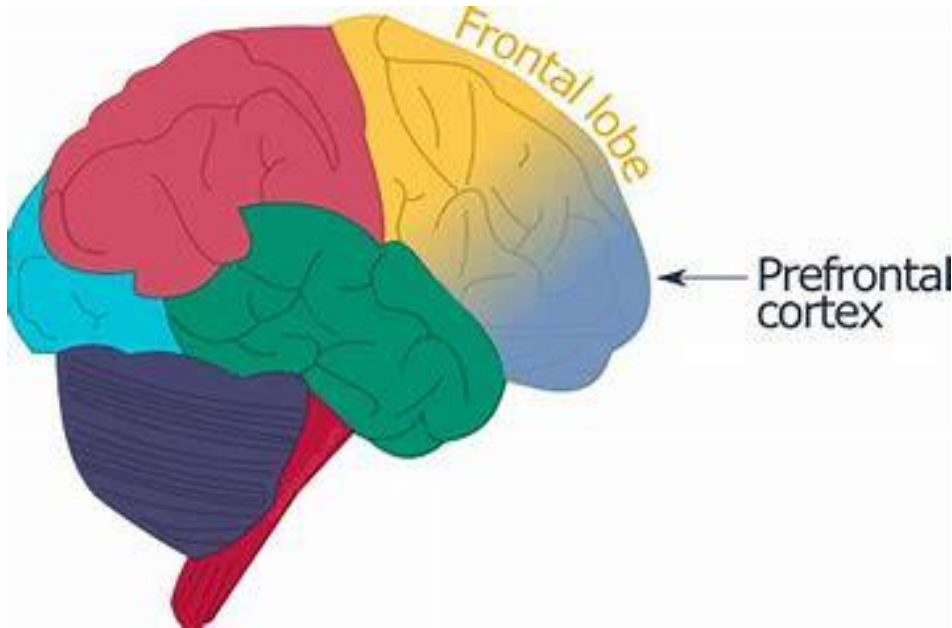
DEATHS



68

deaths confirmed in 29 states and D.C.

BRAIN DEVELOPMENT



- Planning
- Right from wrong
- Impulse control
- Anticipating risk
- Self-control

An individual's brain is not fully developed until

21-25 years of age or older.



HOW TOBACCO COMPANIES ARE USING YOU

TOBACCO COMPANY

Reynolds (Lorillard/RJ Reynolds)

CIGARETTE BRANDS

Camel / Pall Mall / Newport / American Spirit

E-CIG BRANDS

Vuse



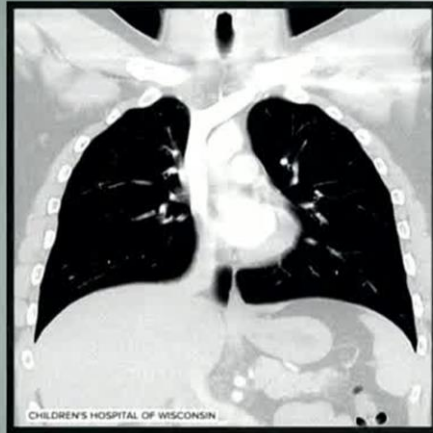


31 % of teens who vape are more likely
to smoke cigarettes within
6 months

- National Institute of Drug Abuse

NORMAL LUNG vs. DAMAGED LUNG

NORMAL LUNG



VAPING DAMAGED LUNG



NEW THIS MORNING

RIG

WHAT VAPING DOES TO YOUR BODY

2 Works for You

FORECASTS

CURRENTS

SAPULPA: CLEAR



35°

6:37

°



Your thoughts?

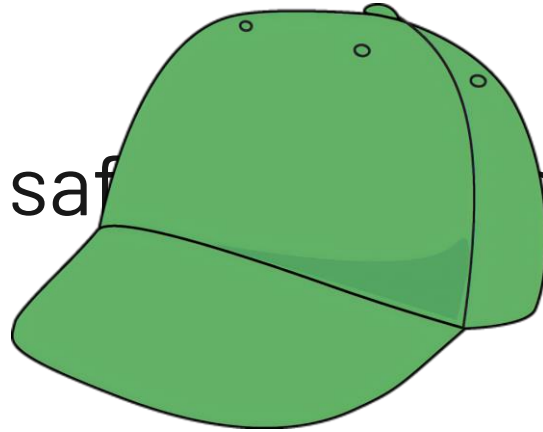
What would you do with \$1,500?



FACT OR CAP

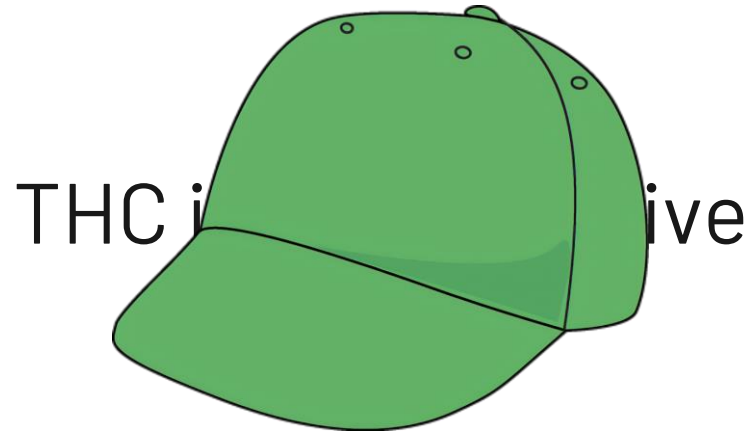
100

Vaping is a safe  smoking.



FACT OR CAP

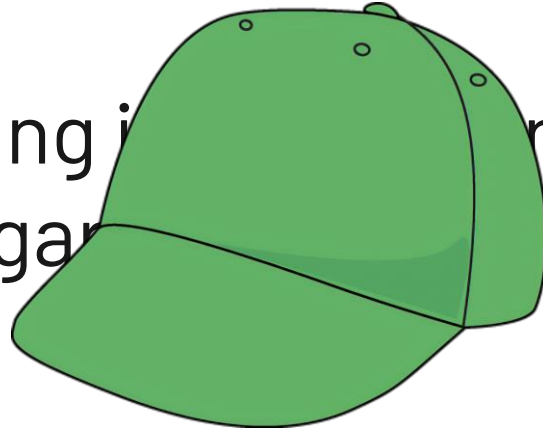
100



FACT OR CAP

100

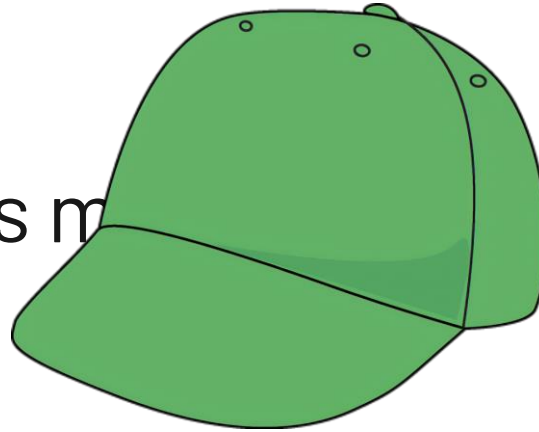
E-cigs/vaping is just like smoking
traditional cigars. You can't get



FACT OR CAP

100

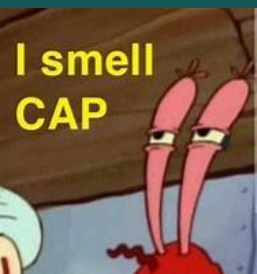
THC improves memory challenges



FACT OR CAP

100

100
It is unsafe to drive high

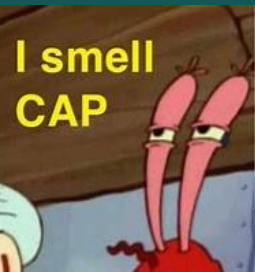


FACT OR CAP

100

100

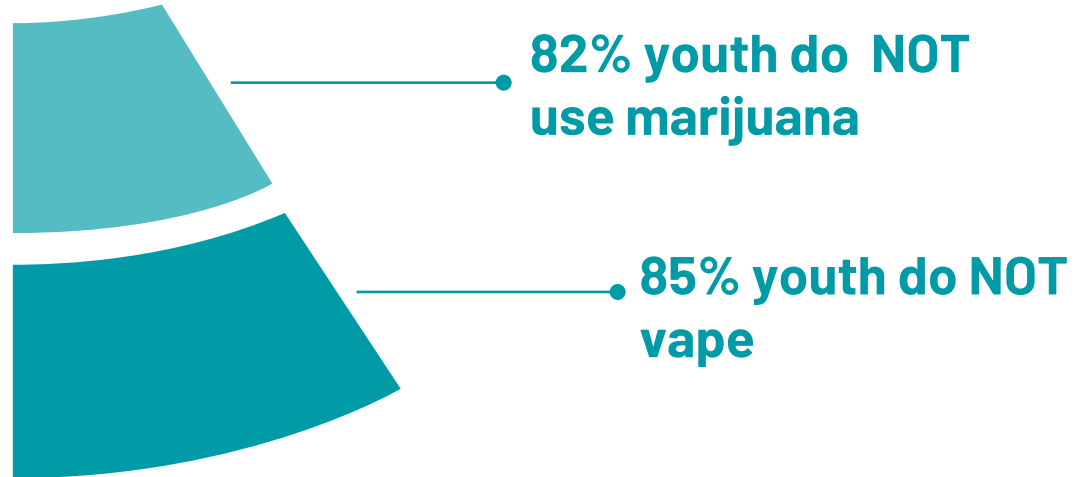
99% of all e-cigarette products sold in the U.S. contain nicotine



FUN FACT



As of 2022...



WHEN “NAH” IS NOT ENOUGH

Any excuse NOT to vape or use THC is a GREAT excuse

“I can’t – I have practice/game today!”

“You know my parent/guardian would kill me if I vaped!”

“I gotta run to class, bye!”

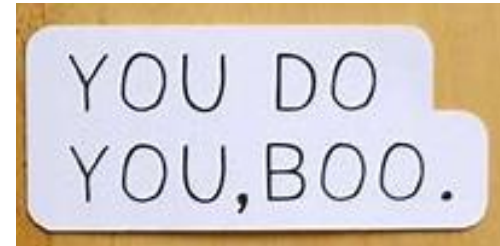
My dog’s mom’s fish is out, and she told me to turn off the oven

“I need to mop the ocean!”



WHAT IF MY FRIEND VAPES OR USE THC

- At the end of the day, it is your friend's choice to change
- You cannot force change



What you can do...

- Choose not to be around them while they are using
- Communicate your boundaries
- Remember/thing about the consequences

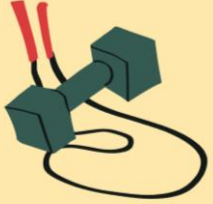


HOW TO HELP SOMEONE

1. Speak with them directly
 - Express your concerns and listen without judgment
2. Turn to a trusted adult for coaching
 - Express your concerns, identify the changes, and ask for guidance
3. Ask a trusted adult to intervene
 - Express your concerns, identify the changes, and ask for their immediate help



COPING SKILLS



Exercise

- Lean on your hobbies
- Move your body
- Take care of basic needs
- TALK TO SOMEONE



WHO CAN YOU TALK TO?

Mother
Father
Sister
Brother
Aunt
Uncle
Grandma
Grandpa
Cousin
Godmother
Godfather
Step-Parent
Guardian
Babysitter

Counselor
Teacher
Teacher's Assistant
Principal
Assistant Principal
School Staff
Nurse
Coach
Friend's Parents
Friend
Boyfriend
Girlfriend
Mentor
Team-mate

Club Leader
Barber/Hairdresser
Neighbor
Doctor
Police
Psychologist
Probation Officer
Social Worker
Spiritual Leader
Psychiatrist
EMPACT
Teen Lifeline
Crisis Text Line
notMYkid



Teen Talk

Teen Talk support group allows teens to access information and resources online alongside other teens.

Every Tuesday at 4:00 PM



Talk with notMYkid
Peer Support



ANONYMOUS RESOURCES

TEEN LIFELINE

1-800-248-TEEN
CALL OR TEXT

SUICIDE PREVENTION LIFELINE

Dial 988

MENTAL HEALTH CRISIS

TEXT "4HOPE" or "44673"

THE TREVOR PROJECT

1-866-488-7386
LGBTQ

(i)nspired programs

Call us at: 602-652-0163

Text us at: 602-580-0665

IG: @inspiredprogram

5310 E Shea Blvd
Scottsdale, AZ 85254
programs@notmykid.org



SURVEY LINK

<https://www.surveymonkey.com/r/nMkYouthGenEd22>