Start the Conversation: How to Talk with Young People about Vaping, JUULs, and Other Electronic Nicotine Devices

*As a result of this workshop, participants will be able to:*

* Summarize trends and culture of youth use of electronic nicotine devices, e-cigarettes, and vaping.
* Explain the policies, laws, and health effects of youth use of electronic nicotine devices, e-cigarettes, and vaping.
* Use trusted adult principles to have conversations with young people the use of electronic nicotine devices, e-cigarettes, and vaping.

Agenda:

Welcome / Introductions

Why Do We Care About Youth Tobacco and Nicotine Use?

What We Know / HKCS Data

Emerging Trends, Culture and Devices

Colorado Legislation and School Policy

Trusted Adult Principles & Role Play Practice

Closure / Adjourn

Data Activity:

For each question from the Healthy Kids Colorado Survey, take your best guess at what you think the percentage is. Each of your answers will be in the form of a percent.

|  |  |  |
| --- | --- | --- |
| Healthy Kids Colorado Survey Question: | Your Guess: | Actual Percentage: |
| What percentage of youth are currently not using e-cigarettes? |  |  |
| What percentage of youth have not tried  e-cigarettes? |  |  |
| What percentage of youth think vaping is risky to their health? |  |  |
| How much less likely is a young person to use an e-cigarette if they have an adult they can ask for help? |  |  |

Community Education Resources:

* Campaign for Tobacco Free Kids JUUL Fact Sheet – <https://www.tobaccofreekids.org/assets/factsheets/0394.pdf>
* 4 Things Parents Need to Know About JUUL and Nicotine Addiction – Truth Initiative - <https://truthinitiative.org/news/4-things-parents-need-know-about-juul-and-nicotine-addiction>
* JUUL and the Guinea Pig Generation – Public Health Law Center - <http://www.publichealthlawcenter.org/sites/default/files/resources/JUUL-and-the-Guinea-Pig-Generation-2018.pdf>
* Surgeon General Know the Risks E-cigarettes and Young People –

<https://e-cigarettes.surgeongeneral.gov/>

Trusted Adult Resource:

* Speak Now Colorado –

<https://www.speaknowcolorado.org/>

Student Education Resources:

* CATCH My Breath Youth E-Cigarette Prevention Program –

<https://catchinfo.org/modules/e-cigarettes/>

* Stanford Medicine Tobacco Prevention Toolkit – <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>

Student Education and Cessation Resources:

* RMC Health – Second Chance –

<http://rmc.org/what-we-do/substance-abuse-prevention-education/tobacco-education-and-curriculum/>

* Colorado Quitline –

<https://www.coquitline.org/en-US/>

* Smokefree Teen –

<https://teen.smokefree.gov/>

* Truth Initiative – This is Quitting

<http://www.thisisquitting.com/>

Policy Communication and Enforcement Resources:

* RMC Health – Tobacco Free Schools Policy Checklist Toolkit –

<http://rmc.org/what-we-do/substance-abuse-prevention-education/tobacco-free-policy-checklist/>