

Breathe New Hampshire

***Vaping Unveiled™* - What Everyone Needs to Know**

Program Outline

Adult/Community Program:

Allow 45 minutes for in-person presentation. Add an additional 15 minutes or more for questions. Having a panel available to answer questions is recommended but optional.

Panel for discussion may include school administrators, school nurse, School Resource Officer (SRO).

Middle and High School Program: Allow at least 30-40 minutes for an in-person presentation.

When possible, add additional time for questions and optional interactive components, including Straw Test Activity and Trivia Wheel review.

Virtual Program (all age groups): Allow at least 35 minutes for content to be presented in a virtual format. Add additional time for questions.

Content

Note: Items below marked with an * may be omitted from or not extensively covered in youth content. Health concerns related to marijuana/cannabis use can be covered at the request of the school or host site.

- What is vaping? What are e-cigarettes, vapes?
- Brief history of e-cigarettes, U.S. regulations*
- Youth e-cigarette use – U.S. and NH (statistics, trends)
- Impact of nicotine – effect on developing brain, body, and addiction
- Impact of vaping to lungs, respiratory system
- Chemicals in vapes
- Vaping marijuana/THC, dabbing*
- Popular products and trends among youth*
- COVID-19, impact from smoking and vaping
- U.S. outbreak of EVALI: e-cigarette or vaping product use-associated lung injury
- Marketing tactics that appeal to youth and teens
- Flavors and packaging
- NH policies
- Potential signs of vaping*
- Quit vaping resources for youth, teens and young adults
- Additional resources for schools and parents*