

2020-2021

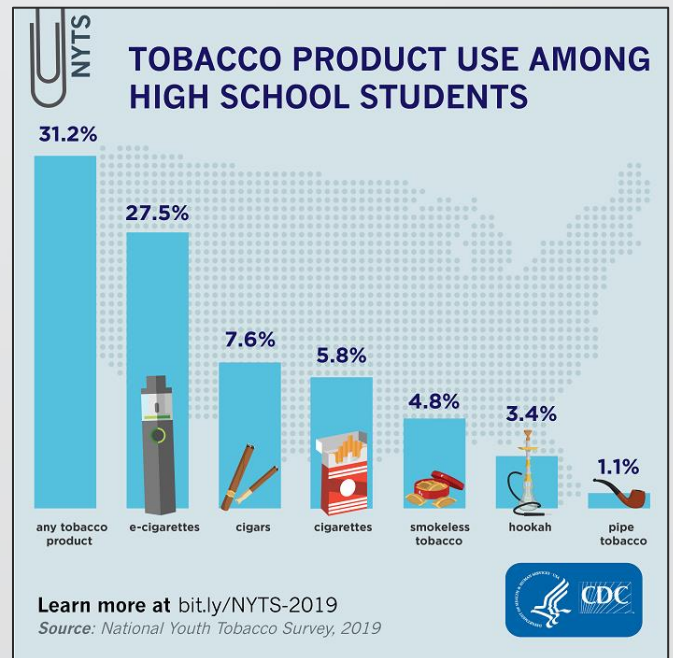
COMMERCIAL TOBACCO PRODUCT PREVENTION DIGITAL TOOLKIT FOR SCHOOLS

DEAR SECONDARY EDUCATION PROFESSIONAL:

The COVID-19 pandemic continues to be an urgent health risk for individuals, schools and communities. However, another pandemic that began years ago remains a dangerous risk to the health of students and young adults. That pandemic is the use of e-cigarettes and nicotine products.

Although current use of cigarettes, cigars, and smokeless tobacco among U.S. high school students has decreased, tobacco product usage has evolved, and the increasing prevalence of electronic vapor product use among youths during recent years is concerning. The [2020 National Youth Tobacco Survey](#) results show e-cigarette use among high school students declined from a record-high 27.5% in 2019 to 19.6% in 2020. The survey also shows the use of disposable e-cigarettes increased an astounding 1,000% among high school e-cigarette users and 400% among middle school e-cigarette users from 2019 to 2020. Individuals under 21 are particularly vulnerable to the effects of nicotine addiction. Ninety-five percent of adults who smoke start by age 21.

The Prevent Coalition at Educational Service District 112 is reminding schools to take every opportunity to build healthy students. This digital toolkit contains links to resources that can help.



CORONAVIRUS, VAPING, SMOKING AND STUDENTS

Smoking/Vaping & Coronavirus (COVID-19)
Give your lungs a fighting chance

How is your risk of COVID-19 increased?

SMOKING OR VAPING
CANNABIS OR TOBACCO

- Damages lungs
- Harms the immune system (body is less able to fight disease)

COVID-19 Exposure

Infection is **more severe**

We can help you quit!

WASHINGTON STATE TOBACCO QUITLINE
1-800-QUIT-NOW

SMARTPHONE APP
doh.wa.gov/quit

When you quit smoking or vaping, your lungs and your immune system get healthier

COVID-19 Exposure

Infection is **less severe**

For more information visit: tobacco preventiontoolkit.stanford.edu

- Hand to mouth movement during smoking and vaping could transfer the virus to the body. Sharing devices and close proximity while using tobacco products can also increase transmission risk.
- Early research has found COVID-19 is associated with youth use of e-cigarettes only, and dual use of e-cigarettes and cigarettes, suggesting the need for screening and education. ([Read Study Here](#)) ([Video](#))

WHAT YOU CAN DO TO HELP KEEP STUDENTS SAFE:

- Follow and promote the [Washington Department of Health guidance for reducing exposure](#) to COVID-19.
- Promote healthy lungs and minds. [Smoking, vaping, and nicotine use damages lungs and harms developing brains.](#)
- Recommend quitting to students who use tobacco and vapor products
- Provide access to [tobacco treatment resources](#), counseling and mental health support.

ADMINISTRATOR RECOMMENDATIONS

- [Distribute resources to school staff and parents.](#) Inform about vapor products, the health risks of vaping or smoking, and encourage setting a positive example by not using tobacco products themselves.
- Promote health messaging to staff, students and parents at home and on school campuses.
- Provide access to tobacco use dependence treatment resources for those who wish to quit.
- Support [Tobacco and Vapor 21](#). Engrossed House Bill 1074 went into effect on January 1, 2020. This law, called Tobacco and Vapor 21, makes it illegal for businesses to sell tobacco and vapor products to anyone under 21.
- Reject tobacco industry-sponsored prevention programs, ultimately proven ineffective.

DIGITAL CURRICULUM FOR TEACHERS

A collection of E-cigarette and vaping prevention curriculum that can be delivered to students remotely is available at <https://www.youthnow.me/schools/educators/>.

COUNSELOR & HEALTH PROFESSIONAL RESOURCES:

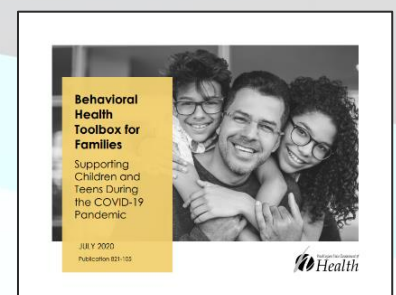
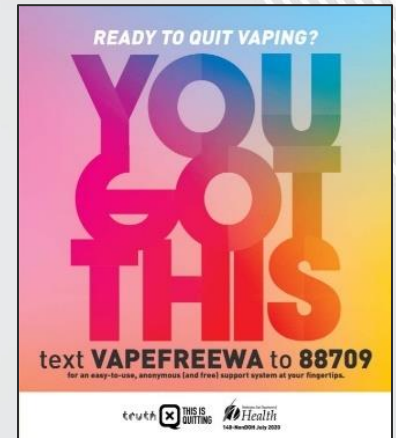


How to Support Young Adults with Recovery from Nicotine Addiction:

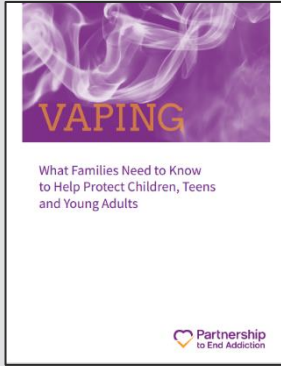
- By phone: [1-800-QUIT-NOW](tel:1-800-QUIT-NOW) for coaching to quit tobacco and/or vapor products.
- By text: "VAPEFREEWA" to 88709, courtesy of [Truth Initiative](#)®.
- By text: "TEEN" to 47848 to access [SmokefreeTeen](#).
- Tobacco treatment smartphone app, available at www.doh.wa.gov/quit. Designed for teens the experience is personalized, non-judgmental, and supports users with tips and tools for up to 12 months.

Mental Health Support for Young Adults:

- [Teen Link](#): 1-866-Teenlink (1-866-833-6546). Available 6pm–10pm PST.
- [National Suicide Prevention Lifeline](#) (1-800-273-TALK (8255). Confidential help for people in distress, 24/7.
- [National Helpline](#), 1-800-662-HELP (4357). Treatment referral and information, 24/7.
- [Trevor Project Lifeline](#), 1-866-488-7386. Crisis intervention and suicide prevention services for LGBTQ+ youth and young adults under 25



RESOURCES FOR PARENTS:



- [Educate yourself about e-cigarettes and vaping.](#)
- [Know how to recognize vaping products.](#)
- [Provide a smoke free home and environment](#) for your children.
- Be observant of online behavior. Prevent youth under 21 from purchasing e-cigarette products online.
- Promote healthy lungs and brains. [How to talk to your kids about tobacco and vaping.](#)

Please distribute this information widely. A resource website (www.youthnow.me/schools) is available with all the resources contained in this toolkit and more. Check it out!

Thank you for your efforts to keep kids healthy. If you have questions or feedback about these materials please contact your [regional prevention program](#) or reach out to me via my contact information below.

Sincerely,

Matthew Cox | Community Prevention Project Specialist

PRONOUN | He/Him

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