



Parent/Staff Newsletter

September 2022



Dangers of E-cigarette Use in Youth

About 1 in 5 high school students reported using e-cigarettes in 2020. Now is an important time to help your student understand the serious health risk of vaping. Nearly all e-cigarette products sold contain nicotine, the same drug found in all other tobacco products. Nicotine is a highly addictive drug that harms adolescent brain development, which continues into the mid-20s. As if that wasn't enough, many youth who vape are 4 times more likely to smoke regular cigarettes later in life, thus increasing their health risks.

Vaping & Mental Health

Many youths who begin vaping, began as a way to cope their stress and anxiety. But recent studies, show that vaping can actually amplify feelings of depression and anxiety due to the nicotine in them being highly addictive and rewiring the adolescent brain. There are better and healthier ways to relieve stress and anxiety. Talk to your youth about their mental health.

Dangers of Fentanyl

Having a conversation with your child about drugs is not a one-size fits-all. With the ever-increasing amount of fentanyl being found in other drugs, it can be a life or death conversation to have with your children. This synthetic opioid is being laced in other street drugs, like heroin and fake pain pills. It is 50 to 100 times more potent than morphine, increasing chances for overdose. Click on the resource below to learn the steps you can follow to hold an open conversation between you and your student. Give your child the proper education and carve a pathway for open communication



CDC:

www.cdc.gov/tobacco/features/back-to-school/index.html

Truth Initiative

<https://www.thetruth.com/hot-topic/vaping-mental-health>

GateHouse

<https://www.gatehousetreatment.com/talking-to-your-kids-the-dangers-of-fentanyl/>

Resources:

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