

“E-Cigs”

Presentation for Mann Magnet Middle School Students

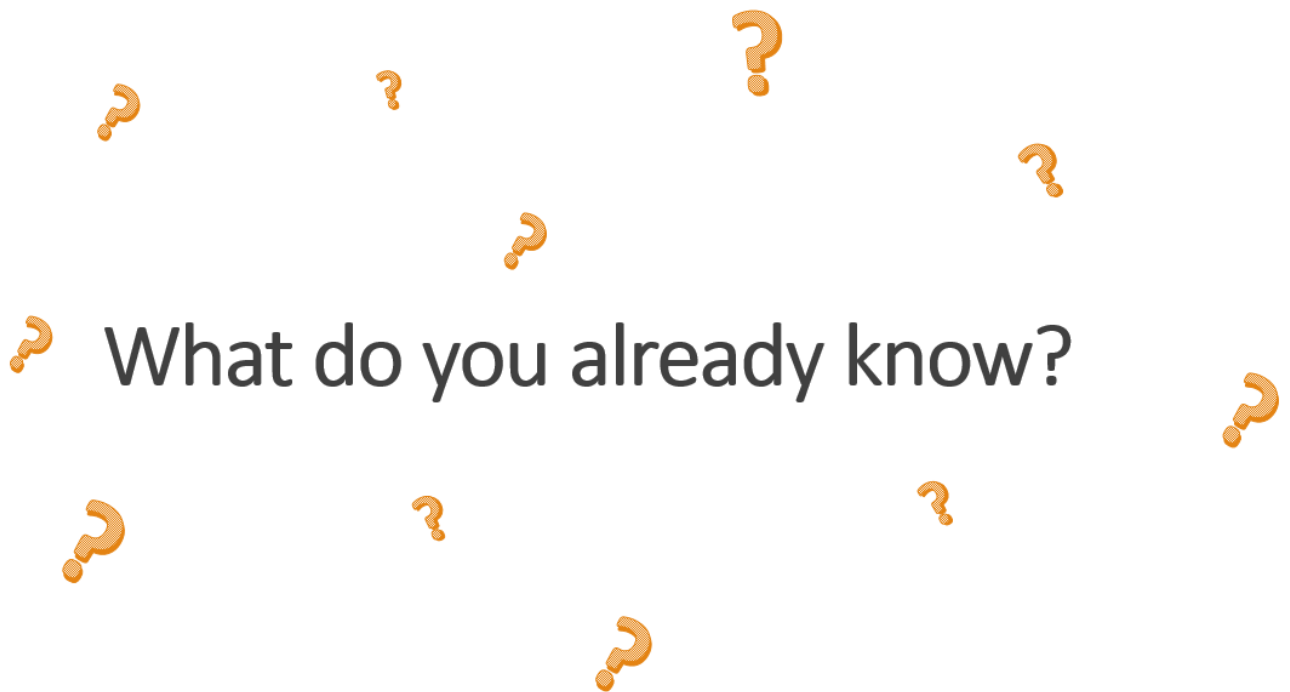
Approximately 30 attendees

Requested by teacher



E-Cigs

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What do you already know?

What will we talk about?

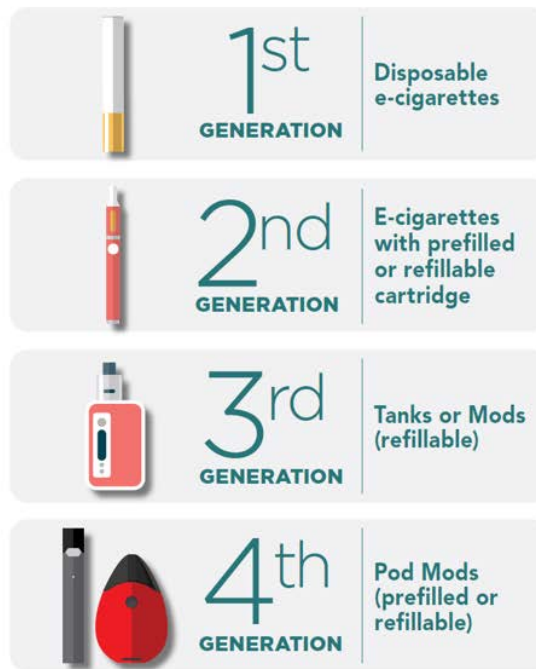
- ❖ What an E-cigarette is
- ❖ What is in an E-cigarette
- ❖ What is good and bad about them
- ❖ Vaping and teens

What exactly is an E-Cig?

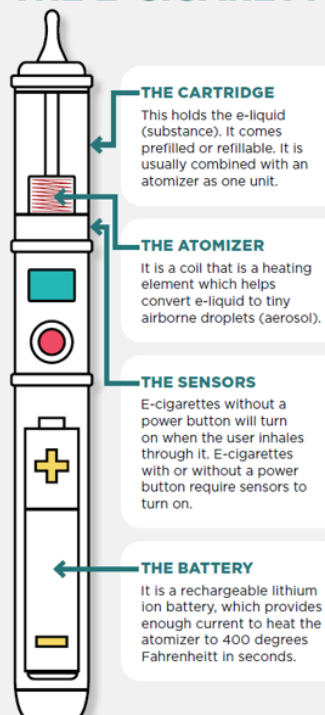
- ❖ Electronic Nicotine Delivery System (ENDS)
- ❖ It is a device that makes it possible to inhale nicotine and flavored vapor.



The Evolution of E-Cigarette, or Vaping, Products

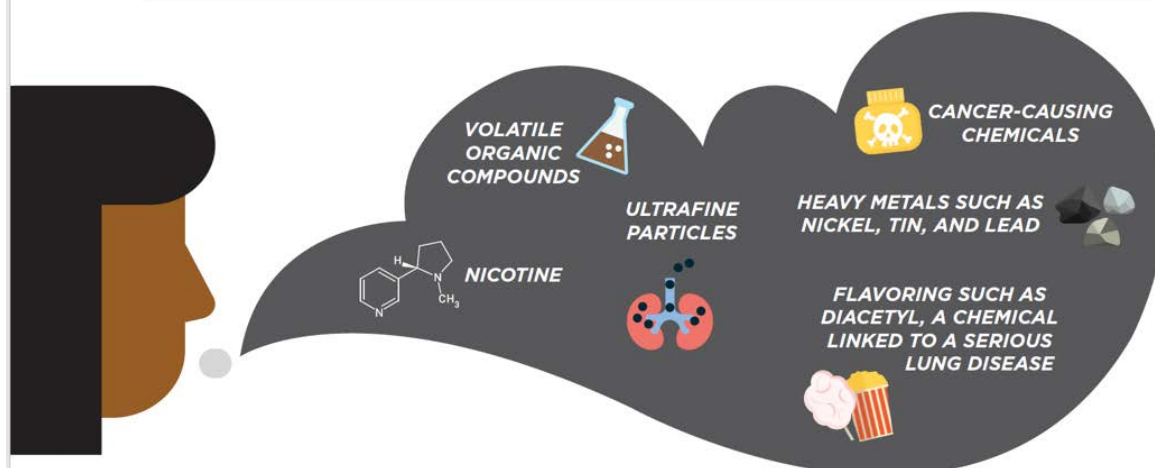


THE E-CIGARETTE



- ❖ All have some place to hold the E-liquid.
- ❖ All have E-liquid.
- ❖ All have a heating element.
- ❖ All have a battery.

What's in the "Vapor"?



What is good about E-Cigs?

- ❖ Safer than cigarettes, but still NOT safe.

What is bad about E-Cigs?

- ❖ Not regulated by the government (Food and Drug Administration).
- ❖ Not proven to help people quit smoking.
- ❖ They are attractive.
 - ❖ Flavors
 - ❖ Looks
- ❖ Can lead to smoking cigarettes.
- ❖ Nicotine
- ❖ Damages your lungs
- ❖ The worst part? **We don't know the long term effects!**



EVALI (E-cigarette or Vaping product Associated Lung Injury)

- ❖ Started last summer (2019)
- ❖ Over 2,600 people hospitalized; 57 people have died.
- ❖ Problem=Adding things to the E-Liquid
 - ❖ Most patients had vaped THC (the part of marijuana that gets you high)
 - ❖ We cannot know everything that was in their E-liquid.
- ❖ <https://www.youtube.com/watch?v=Fc2B-xh9Y0w>

Defective E-cigarette Batteries Can Cause Fires and Explosions



Teens and E-Cigs

- ❖ REMEMBER: E-cigs were created to help people stop smoking, **NOT** start.
- ❖ What does nicotine do to young minds?
- ❖ If you vape now, you are more likely to smoke cigarettes within 2 years.
- ❖ In 2011, only 1.5% of high school kids vaped (about 1 out of 100).
- ❖ By 2019, that number grew to over 25%!! (1 out of 4)
- ❖ Most teens do not know they are vaping nicotine!
- ❖ Increase your chances of becoming addicted to other drugs.

E-cigs Trend = Cigarette Trend

- ❖ Cigarette smoking rose FAST in the early 1900s
- ❖ We waited until we noticed it was killing people
- ❖ It does NOT have to be that way with E-cigarettes



Ideas for Projects

- ❖ Vape free pledge
- ❖ E-cigarette “take back” program with the Department of Health
- ❖ Get the word out



Questions??

