

Spring Branch Independent School District  
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Vaping 101

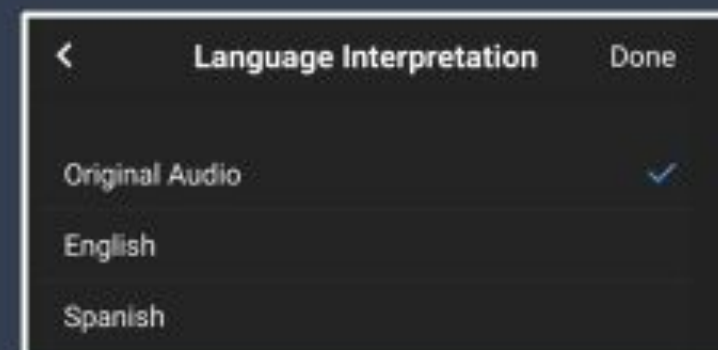
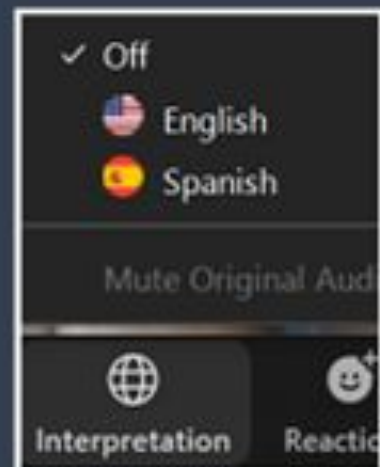


# Interpretation available

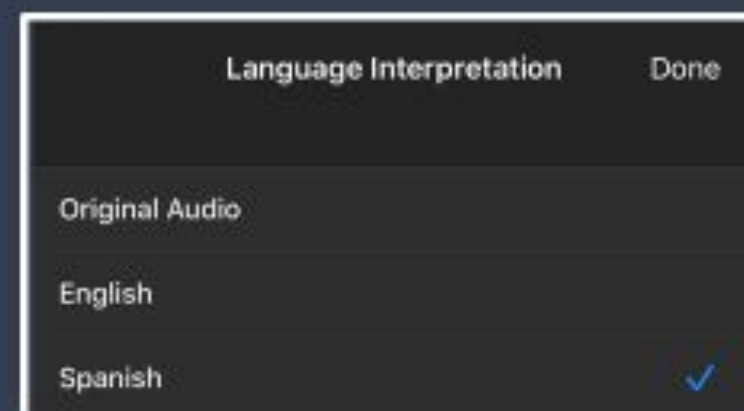
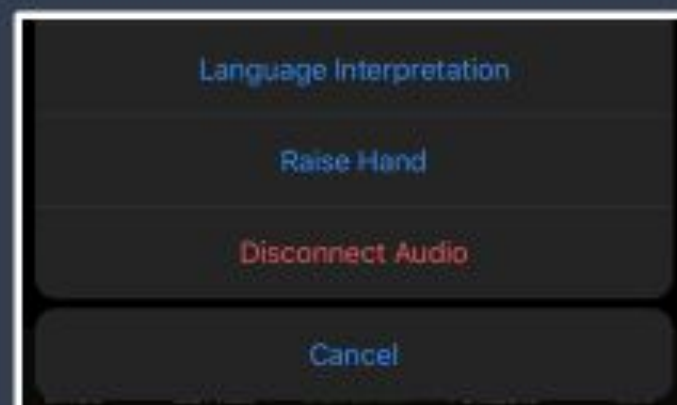
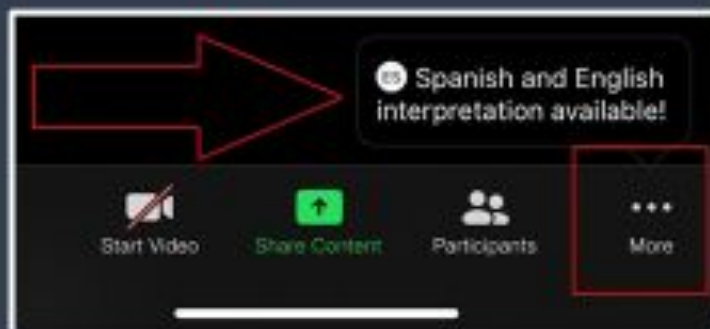
# Interpretacion disponible

## Android

Web



## iPhone



# Today's Agenda

- History of Vaping & E-Cigarettes
- Health & Psychological Effects
- Substance Use & Vaping
- Local Policies
- Resources



# History of E-Cigarettes & Vaping

Vaping was created by a smoker



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# Vaping is...

inhaling and exhaling aerosol chemicals  
created by an electronic cigarette (e-cig) or  
other vaping device



# E-Cigarettes

- E-cigarettes are electronic devices that heat a liquid and produce an aerosol
- They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).”



# E cigarettes

- The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances.





# Common Chemicals

- **Nicotine** – decrease adolescent brain development
- **Delta - 9 - Tetra-hydro-cannabinol**
- **Propylene glycol** – antifreeze, paint solvent
- **Formaldehyde** – disinfectant, embalming fluid
- **Acrolein** – Weed killer
- **Diacetyl** – chemical associated with Popcorn lung disease
- **Cancer causing chemicals**
- **Heavy metals** – nickel, tin, lead
- **Benzene** – chemical from car exhaust
- **Many More..**





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# EVALI

## ( E-Cigarette or Vaping Product Use Associated with a Medical Illness)

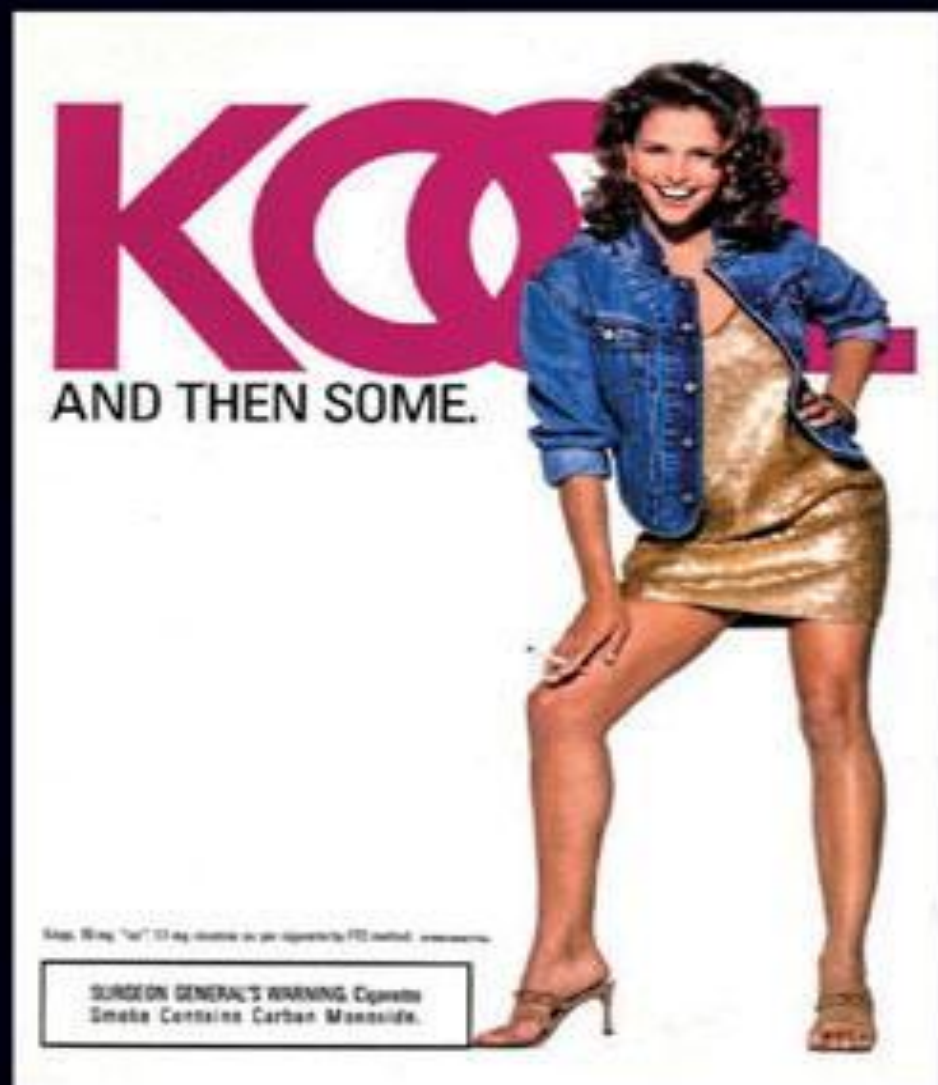
- 2,807 people injured or ill from EVALI (only includes hospitalizations)
- 55 deaths
- 3/4 of patients are under 35
- 80% implicated products contained THC



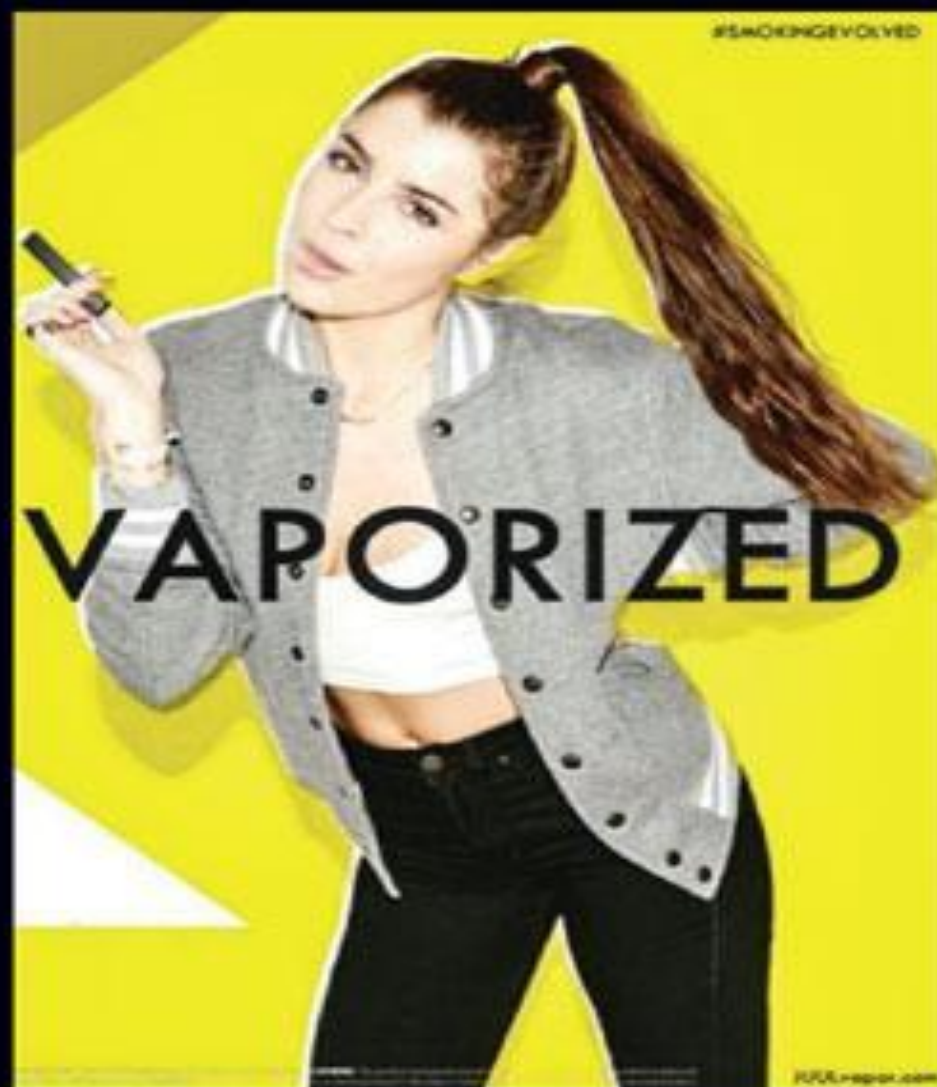
# Common Reasons

- **Sweet**
- **Cheap**
- **Trendy**
- **Mood-altering effects**
- **ADDICTION**





**THEN: A young model in a cigarette ad from 1993**



**NOW: A strikingly similar pose in a 2015 Juul ad**

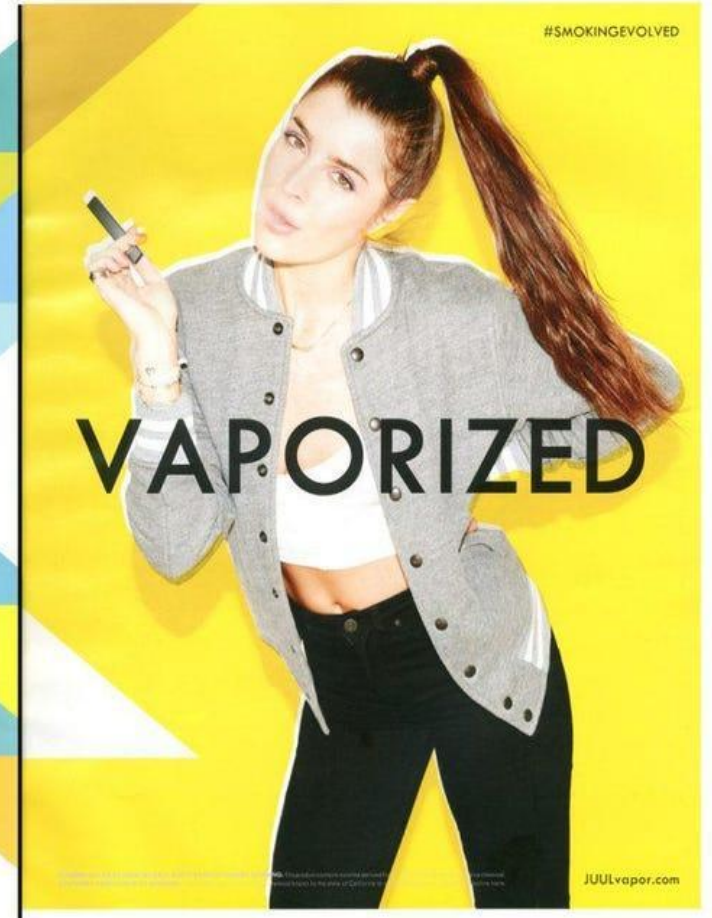
# E-Juice

- 8,000 shops
- 15,000 Flavors

- Peppermint e-juice
- Red Bull e-juice
- Hot Dog e-juice
- Stoned Smurf e-juice
- Coffee e-juice
- Donut e-juice
- Traditional Menthol e-juice
- Lava Flow e-juice
- Candy Crash e-juice
- Blue Razz
- Lemonade Nicotine Salt
- Mixed Berries Nicotine Salt
- Lemon Meringue
- Etc.,,







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# Symptoms

- Coughing (throat irritation), Shortness of breath, Chest pain, Increased heart rate
- Fever, Fatigue, Nausea, Vomiting, Diarrhea
- Weight loss (reduced ability to taste food)
- Dryness of mouth, eyes, skin and lips
- Sensitive or bleeding gums; nose bleeds
- Headaches



# Know your biochemistry: **BE AWARE & SELF AWARE**

		Pure nicotine based	Tobacco based
Heated aerosol	Vaping products		
	Oral nicotine products		
Unheated		Smokeless tobacco	

Items are not shown to scale



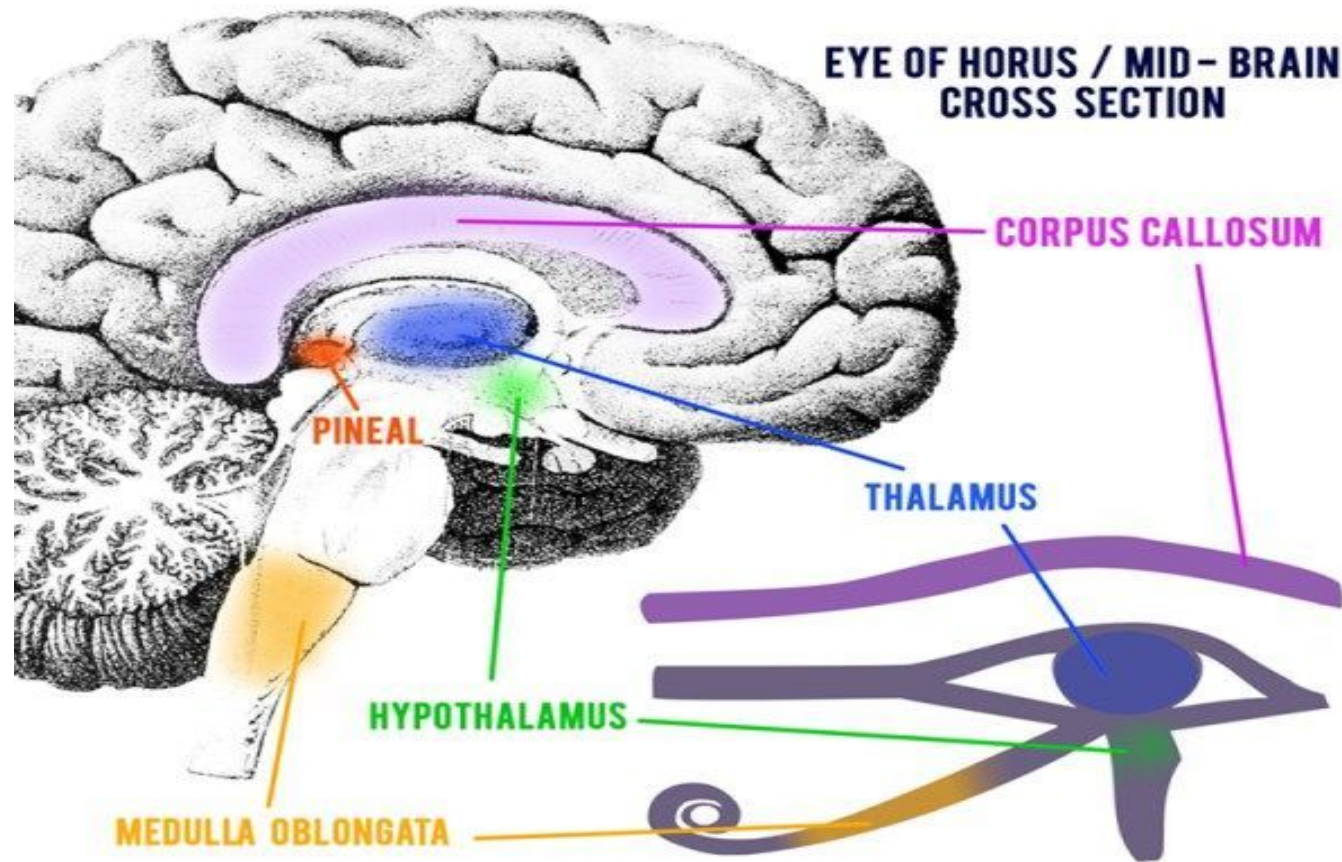
# EVERYTHING you put inside your body has a way of impacting **self-awareness**



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# SELF AWARENESS



# Benefits of Deep Breathing

- ❑ Simulates Brain Growth
- ❑ Improves Heart Rate Variability
- ❑ Lower Stress Levels
- ❑ Alleviate Anxiety and Negative Emotions
- ❑ Lower Blood Pressure
- ❑ Cleanses the Lungs
- ❑ Improves Sleep





# Substance Use Defined...

The use of drugs or alcohol, and includes substances such as cigarettes, illegal drugs, prescription drugs, inhalants and solvents



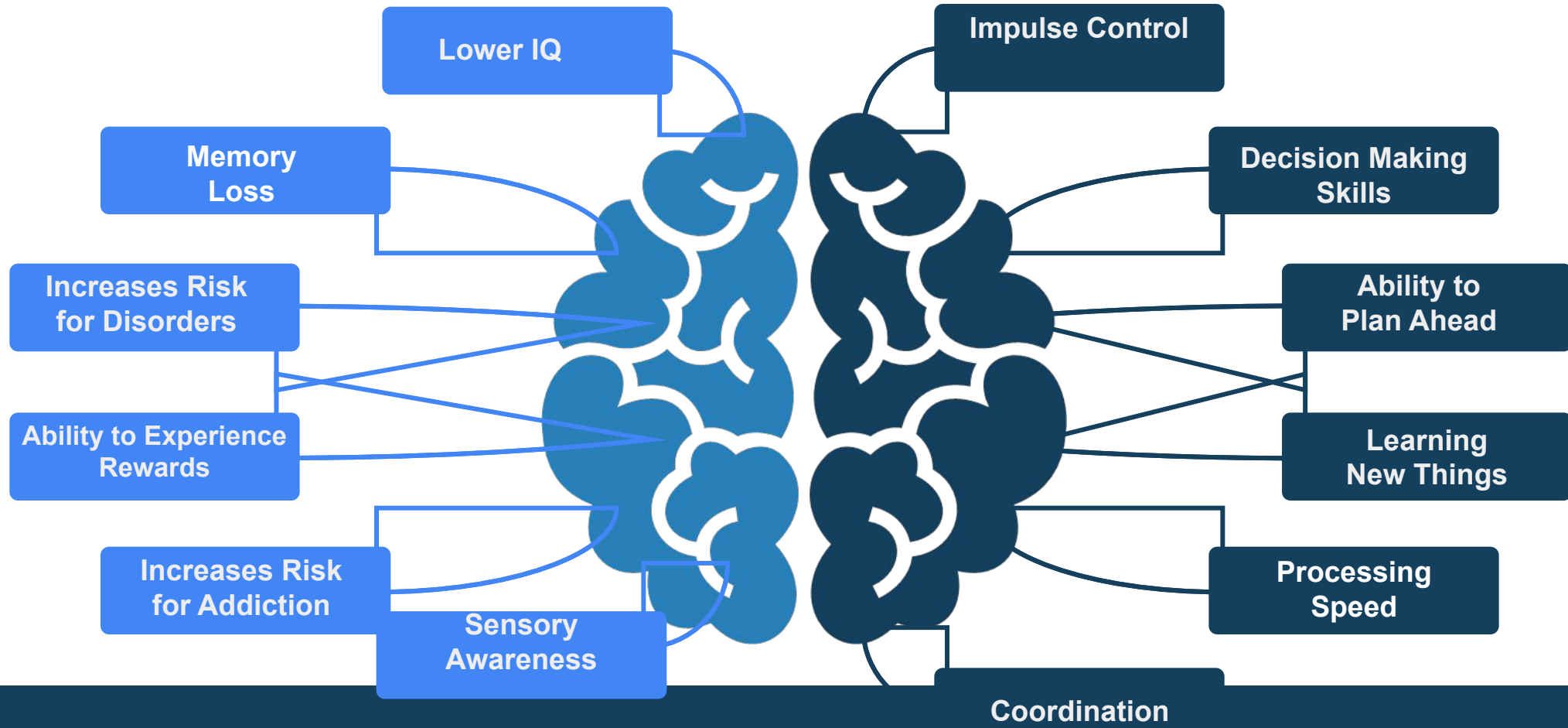
# Substance Use on the Brain

- Significantly affects brain development
- Can cause permanent damage to the brain and long lasting effects on wellbeing
- Substance use during adolescence may increase risk for developing a substance use disorder



# Possible Results of Substance Use

Substance use can cause or have long term effects on the following:





When decisions are not made based on information, it's called gambling.



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# Deadly Interactions



Mixing with alcohol with other drugs/medications can cause breathing to slow so much that the person dies.

Using marijuana with other drugs/medications can lead to respiratory failure and death.

More than 30% of opioid overdoses involve combining other drugs/medications.

# Making Decisions in Real Time



**Don't Stand  
Alone**

*Mentor*



**Cool-Off**

*Get out of your  
feelings*

**Stop & Think**

*Consequences*



**Weigh  
Options**

Good or Bad



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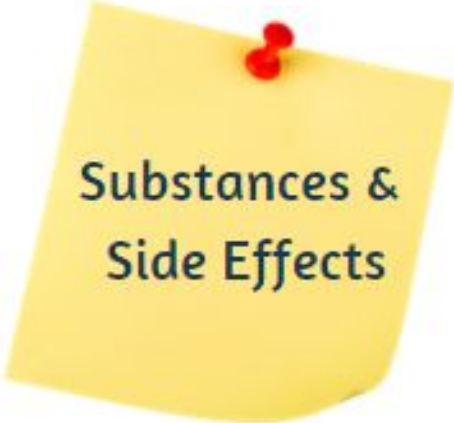


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## Norepinephrine - Stimulants

- Adderall
- Ritalin
- Synthetic Marijuana
- Cocaine
- Methamphetamine
- Amphetamine
- Ecstasy
- Anxiety
- Paranoia
- Psychosis
- High body temperature
- Depression
- Heart failure
- Stroke
- Seizures



### Substances & Side Effects

## Serotonin - Mood Stabilizer

- Rohypnol
- Barbiturates
- Xanax
- Valium
- Benzodiazepines
- Alcohol
- Higher risk of high blood sugar, diabetes & weight gain
- Increased body temperature
- Delirium
- Sluggish thinking
- Low blood pressure
- Impaired memory
- Hallucinations
- Death from withdrawal

## GABA - Calming Chemical

- Alcohol
- Valium, Ativan, Xanax
- Sedatives and tranquilizers
- Vomiting
- Seizures
- Involuntary muscle movements
- Blurry vision
- Death

## Endorphins - Stress/Pain Relief

- Opioids
- Vicodin
- Fentanyl
- OxyContin
- Heroin
- Lung complications
- Mental Disorders
- Liver & Kidney disease
- Addiction
- Insomnia
- Impulsive behavior

## Dopamine - Pleasure and Motivation

- THC
- Cannabis
- Cocaine
- Alcohol
- Nicotine
- Anxiety/Panic attack
- Rapid heart rate
- Trouble speaking
- High or low blood pressure
- Nausea and vomiting
- Confusion & memory loss
- Paranoia
- Hallucinations



## GABA - Calming Chemical

- Yoga-Meditation
- Exercise
- Slow-cooked meats & poultry
- Bone broths
- Fish
- Eggs
- Mushrooms
- Tomatoes
- Broccoli
- Brussels sprouts
- Garlic
- Bananas
- Potatoes

## Endorphins - Stress/Pain Relief

- Laughing
- Taking a hot bath
- Massage
- Eat chocolate
- Exercise
- Yoga
- Acupuncture
- Mindfulness/Meditation
- Dance
- Volunteer

## Norepinephrine - Stimulants

- Exercise
- Sleep
- Music
- Coffee/Tea
- Music
- Meditation
- Chocolate

## Serotonin - Mood Stabilizer

- Whole-wheat
- Turkey or cheese
- Oatmeal
- Salmon
- Plums
- Pineapple
- Pretzel sticks
- Peanut butter
- A glass of milk
- Exercise
- Sunlight
- Massage
- Nostalgia (happy moments/memories)

## Dopamine - Pleasure and Motivation

- Protein
- Foods with less fat
- Exercise
- Get enough sleep
- Music
- Sunlight
- Meditation
- Pleasurable memories

Replacement  
Coping Skills





# Stay in the Know



	Chemical High	Side Effects	Natural High
<b>Calm Down</b>	Alcohol / Xanax	Seizures / Blurry Vision	Exercise / Meditation
<b>Stress / Pain Relief</b>	Vicodin / Fentanyl	Impulsive Behaviors Mental Disorders	Laughing / Dance / Hot Bath
<b>Confidence / Energy</b>	Adderall / Synthetic Marijuana	Anxiety / Paranoia / Depression	Music / Sleep
<b>Mood Stabilizer</b>	Valium / Handlebars	Hallucinations / Weight gain	Happy Moments / Sunlight
<b>Pleasure &amp; Motivation</b>	THC / Cannabis / Nicotine	Confusion / Memory Loss	Get enough sleep / Protein / Memories



# What is an **ADDICTION?**



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# DRUG ADDICTION

a chronic, relapsing disorder  
uncontrollable drug seeking  
continued use despite harmful  
consequences, and  
long-lasting changes in the  
brain



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## **Texas laws**

**Texas laws define an e-cigarette as any electronic device that simulates smoking by using a battery, electronic circuit, or heating element to dispense nicotine or other substances by inhaling from the device. It also includes a consumable liquid solution or other material that is vaporized or aerosolized during the use of an electronic cigarette or device.**



## **Texas Health & Safety Code §161.082**

**Texas Health & Safety Code §161.082 prohibits the sale of tobacco products, including e-cigarettes and cigarettes, to anyone under the age of 21 years. It is also against the law to sell or give the products to someone who intends to give the product to a person under 21 years of age. A violation of the code section is a Class C misdemeanor.**

**It is also against the law to distribute e-cigarettes, cigarettes, and tobacco products to anyone under 21 years of age. Distributing tobacco products to underage users is a Class C misdemeanor.**

**Smoking e-cigarettes in public places was banned by the Houston City Council in March 2022. Vaping products and e-cigarettes were added to the smoking ordinance within the city limits.**



# City of Houston Code of Ordinance Sec. 21-236- sec. 21-241

## ARTICLE IX. - SMOKING

**Sec.21-236 Definitions *Smoking*** means inhaling, exhaling, burning, or carrying any lighted cigar, cigarette, pipe, hookah, electronic smoking device, or any other lighted tobacco product, plant material, or other combustible substance.

***Public place*** means an enclosed area to which the public is invited or in which the public is permitted, including, but not limited to:

(1)Aquariums, galleries, libraries, and museums; (2)Areas available to and customarily used by the general public in businesses;(3)Bars; (4)Bingo facilities;(5)Child care and adult day care facilities;(6) Convention facilities;(7)Educational facilities, both public and private;(8)Elevators;(9)Gaming facilities;(10)Governmental facilities, including buildings and vehicles;(11)Health care facilities;(12)Hotels and motels;(13)Lobbies, hallways, and other common areas in apartment buildings, condominiums, retirement facilities, nursing homes, and other multiple-unit residential facilities;(14)Polling places;(15)Pool and billiard halls;



**(16)Public transportation facilities, including buses and taxicabs, and ticket, boarding, and waiting areas of public transit depots;(17)Restaurants;(18)Restrooms, lobbies, reception areas, hallways, and other common-use areas;(19)**

**Retail establishments;(20)Service lines;(21)Shopping malls;(22)Sports arenas; and(23)Theaters and other facilities primarily used for exhibiting motion pictures, stage dramas, lectures, musical recitals, or other similar performances.**

**A private residence is not a "public place" unless used as a child care, adult day care, or health care facility.**





**Sec. 21-237. - Prohibition of smoking in enclosed public places.**

**Sec. 21-237.1 - Prohibition of smoking in public pedestrian plazas.**

**Sec. 21-238. - Prohibition of smoking in places of employment.**

**Sec. 21-239. - Prohibition of smoking in seating areas at outdoor events.**

**Sec. 21-240. - Prohibition of smoking in covered public  
transportation facilities.**

**Sec. 21-241. - Reasonable distance.**



# What Next...

If you or someone you know would like more information on vaping please contact your school counselor.

# RESOURCES



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**Inspiring minds.  
Shaping lives.**

[springbranchisd.com](http://springbranchisd.com)