



## ▶ FAST Facts

**99%**

of all **vaping products** contain **Nicotine**  
- U.S. CDC Report, 2015

**Over 50%**

of **DuPage County High School Seniors** report there's **little or no risk of personal harm** when using vaping products  
- Illinois Youth Survey, 2018

**Nearly 20%**

of **DuPage County middle and high school students** report using a **vaping product** within the past 30 days  
- Illinois Youth Survey, 2018

### Resources:

[e-cigarettes.surgeongeneral.gov](http://e-cigarettes.surgeongeneral.gov)

[www.cdc.gov/tobacco/basic\\_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf](http://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf)

[www.centeronaddiction.org/e-cigarettes/recreational-vaping/what-vaping](http://www.centeronaddiction.org/e-cigarettes/recreational-vaping/what-vaping)

[www.dupageplt.org](http://www.dupageplt.org)



# Vaping Fact Sheet

## What is Vaping?

Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, produced by an e-cigarette or similar device. While regular cigarette use has decreased, vaping has increased among teens and is now considered an epidemic. Vaping products come in many flavors, which can attract youth, and can also contain nicotine or THC, the psychoactive property found in marijuana that produces the high. - **Partnership for Drug-Free Kids**

### ▶ Common Names

 E-cigs, E-hookahs, Mods, Vape Pens, Vapes, Tank Systems

E-HOOKAH

VAPE PENS

TANK SYSTEMS

### ▶ What are the Risks?

**Vaping chemicals used in the liquids** can be more concentrated and dangerous.

**Youth who vape are 4X more likely to begin smoking** traditional cigarettes.

#### Body Risks

- Higher blood pressure
- Increased heart rate
- Ear, eye and throat irritation

#### Inhibit Healthy Brain Development

- Nicotine use in early adolescents causes changes in the brain that make life-long addiction much more likely
- Can impact parts of the brain responsible for decision making and impulse control

### ▶ Tips to Recognize Vaping

**Odor:** Unlike traditional cigarettes, e-cigarettes do not have a pungent smell. E-liquids come in a wide variety of flavors such as mint, fruit punch, and vanilla.

**Unfamiliar devices:** E-cigarettes were first invented to be disposable and look like traditional cigarettes. They have now evolved and often resemble pens, cell phone cases and the most commonly found shape USB drives, such as the JUUL. The easiest way to spot these devices is to look for holes (mouthpiece).

**Batteries and Chargers:** These devices have a battery component and need to

be charged. Pay attention to unfamiliar chargers or batteries laying around.

**Increased thirstiness:** Propylene Glycol (PG), the main substance in e-cigarettes is a hygroscopic substance, meaning it binds or holds water. The PG in e-liquid will extract water from your mouth, nose & eyes which can lead to dehydration.

**Metallic wires and cotton wicks:** If you find organic cotton, empty plastic vials or thin metallic coils lying in your child's room, this could also be a red flag.



# Marijuana Use and Teens

## What Parents Need to Know

The teen years are a time of rapid growth, exploration, and onset of risk taking. Taking risks with new behaviors provides kids and teens the opportunity to test their skills and abilities and discover who they are. But, some risk behaviors—such as using marijuana—can have harmful and long-lasting effects on a teen’s health and well-being.

### FAST Facts

24%



DuPage County 12<sup>th</sup> graders who reported having used marijuana in the past 30 days.<sup>1</sup>

Research shows that **marijuana use can have permanent effects on the developing brain** when use begins in adolescence, especially with regular or heavy use.<sup>2</sup>



Frequent or long-term marijuana use is linked to **school dropout and lower educational achievement**.<sup>3</sup>

**1 in 6 teens** who repeatedly use marijuana can become addicted.  
- CDC



2x-3x

Marijuana is **2-3 times more potent today**.  
- AACAP

LEAVE YOUR MARK

### ► Marijuana and the teen brain<sup>3</sup>

Unlike adults, the teen brain is actively developing and often will not be fully developed until the mid 20s. Marijuana use during this period may harm the developing teen brain.

- **Problems** with memory and learning.
- **Impaired** coordination.
- **Difficulty thinking** and problem solving.
- **Difficulty** maintaining attention.

### ► Negative effects on school and social life

Marijuana use in adolescence or early adulthood can have a serious impact on a teen’s life.

#### **Decline in school performance.**

Students who use marijuana may get lower grades and may be more likely to drop out of high school than their peers who do not use.<sup>4</sup>

#### **Increased risk of mental health issues.**

Marijuana use has been linked to a range of mental health problems in teens such as depression or anxiety.<sup>5</sup> Psychosis has also been seen in teens at higher risk like those with a family history.<sup>6</sup>

#### **Impaired driving.**

Driving while impaired by any substance, including marijuana, is dangerous. Marijuana negatively affects a number of skills required for safe driving, such as reaction time, coordination, and concentration.<sup>7, 8</sup>

#### **Potential for addiction.**

Research shows that about 1 in 6 teens who repeatedly use marijuana can become addicted, which means that they may make unsuccessful efforts to quit using marijuana or may give up important activities with friends and family in favor of using marijuana. - CDC

### ► References

1. DuPage County Illinois Youth Survey, 2016. [https://iys.cprd.ilinois.edu/UserFiles/Servers/Server\\_178052/File/2016/Cnty16\\_DuPage.pdf](https://iys.cprd.ilinois.edu/UserFiles/Servers/Server_178052/File/2016/Cnty16_DuPage.pdf)
2. National Institute on Drug Abuse. What are marijuana’s long-term effects on the brain? 2016 [cited 2016 November 16, 2016]; Available from: <https://www.drugabuse.gov/publications/research-reports/marijuana/how-does-marijuana-use-affect-your-brainbody>.
3. Fergusson, D.M. and J.M. Boden, Cannabis use and later life outcomes. *Addiction*, 2008. 103(6): p. 969-76; discussion 977-8.
4. Broyd, S.J., et al., Acute and Chronic Effects of Cannabinoids on Human Cognition-A Systematic Review. *Biol Psychiatry*, 2016. 79(7): p. 557-67.
5. Copeland, J., S. Rooke, and W. Swift, Changes in cannabis use among young people: impact on mental health. *Curr Opin Psychiatry*, 2013. 26(4): p. 325-9.
6. Arseneault, L., et al., Cannabis use in adolescence and risk for adult psychosis: longitudinal prospective study. *BMJ*, 2002. 325(7374): p. 1212-3.
7. Bondallaz, P., et al., Cannabis and its effects on driving skills. *Forensic Sci Int*, 2016. 268:p.92-102.
8. Hartman, R.L. and M.A. Huestis, Cannabis effects on driving skills. *Clin Chem*, 2013. 59(3):p. 478-92.
9. National Institute on Drug Abuse. *Drugs, Brains, and Behavior: The Science of Addiction 2014* [cited 2016 December 29].

# Legal Doesn't Mean Safe



*The recreational use and sale of marijuana will begin in Illinois on January 1st, 2020. This change in law can create some confusion to youth on the safety and normalization of the drug. Make sure to have frequent conversations with your teens about the risks of marijuana use!*

## **Recreational use of marijuana under the age of 21 is illegal.**

Recreational marijuana legalization only applies to individuals aged 21 and above. Being prosecuted for marijuana use under the age of 21 could result in legal action, school disciplinary action and could affect college and job applications.

## **Marijuana can harm the teen brain.**

The teen brain is still developing, and marijuana can cause abnormal brain development in areas of the brain involved in processing emotions, learning, and forming memories.

## **Regular marijuana use in teens can lead to a mental health disorder.**

Teens who use marijuana regularly are higher at risk for developing a serious mental health disorder such as addiction, depression, or psychosis.

## **Being under the influence of marijuana impairs driving abilities.**

Driving under the influence of marijuana or riding in a car with a driver who is under the influence of marijuana is extremely dangerous and can result in serious and even fatal car accidents.

## **High potency marijuana has been linked to addiction.**

Today's marijuana has a higher percentage of THC, the chemical in marijuana that produces the "high". High rates of THC have been linked to causing dependency among users.

## **Inhaling marijuana smoke can cause lung damage.**

Smoke from marijuana irritates the lungs, and can cause a chronic cough that is similarly found in people that smoke cigarettes.

**For more information on how to talk to your kids about the risks of youth marijuana use, visit [www.dupagePLT.org](http://www.dupagePLT.org)**

# 2019-2020 UPCOMING EVENTS

## SEPTEMBER 2019

 **SEPT. 24**  
ENOUGH AS THEY ARE: HELPING TEENS MOVE BEYOND THE IMPOSSIBLE STANDARDS OF SUCCESS 7:00PM, COD MCANINCH ARTS CENTER (MAC)

 **SEPT. 25**  
ENOUGH AS THEY ARE: HELPING TEENS MOVE BEYOND THE IMPOSSIBLE STANDARDS OF SUCCESS 12:00PM, MARQUARDT ADMINISTRATION CENTER

 **SEPT. 25**  
PLT MEETING 9:00-10:30AM

## OCTOBER 2019

 **OCT. 7**  
REALITY MEETING 6:00-7:00PM

 **OCT. 6-12**  
MENTAL ILLNESS AWARENESS WEEK

 **OCT. 30**  
PLT MEETING 9:00-10:30AM

## NOVEMBER 2019

 **NOV. 4**  
REALITY MEETING 6:00-7:00PM

 **NOV. 13**  
ARE TEENS BORN TO BE WILD? WHY TEENS TAKE RISKS AND HOW WE CAN KEEP THEM SAFE 12:00PM, GLENBARD NORTH

 **NOV. 20**  
PLT MEETING 9:00-10:30AM

## DECEMBER 2019

 **DEC. 2**  
REALITY MEETING 6:00-7:00PM

 **DEC. 11**  
THE MEDIA, THE MARKETING AND TEEN DRUG USE: AN UPDATE 12:00PM, MARQUARDT ADMINISTRATION CENTER

 **DEC. 11**  
PLT MEETING 9:00-10:30AM

## JANUARY 2020

 **JAN. 6**  
REALITY MEETING 6:00-7:00PM

 **JAN. 20-24**  
DRUG & ALCOHOL FACTS WEEK

 **JAN. 29**  
PLT MEETING 9:00-10:30AM

## FEBRUARY 2020

 **FEB. 3**  
REALITY MEETING 6:00-7:00PM

 **FEB. 17-21**  
LIVE LIFE WELL WEEK

 **FEB. 26**  
PLT MEETING 9:00-10:30AM

 **FEB. 28**  
COUNTYWIDE INSTITUTE DAY

## MARCH 2020

 **MAR. 2**  
REALITY MEETING 6:00-7:00PM

 **MAR. 25**  
PLT MEETING 9:00-10:30AM

## APRIL 2020

 **APR. 6**  
REALITY MEETING 6:00-7:00PM

 **APR. 6-10**  
TEEN HEALTH WEEK

 **APR. 29**  
PLT MEETING 9:00-10:30AM

 **STD AWARENESS MONTH**

 **ALCOHOL AWARENESS MONTH**

## MAY 2020

 **MAY 4**  
REALITY MEETING 6:00-7:00PM

 **MAY 11-15**  
NATIONAL PREVENTION WEEK

 **MAY 27**  
PLT MEETING 9:00-10:30AM

 **"SEX ED FOR ALL" MONTH**

 **MENTAL HEALTH AWARENESS MONTH**

## JUNE 2020

 **JUN. 8**  
TEEN PHILANTHROPARTY

 **JUN. 24**  
PLT MEETING 9:00-10:30AM

	<b>ADULT-FOCUSED EVENT</b>		<b>PLT MONTHLY MEETING</b>
	<b>GLENBARD PARENT SERIES EVENT</b>		<b>YOUTH-FOCUSED EVENT</b>
	<b>HEALTH OBSERVANCE</b>		

For more information, please contact [C.H.R@dupagehealth.org](mailto:C.H.R@dupagehealth.org).



# THE DUPAGE COUNTY PREVENTION LEADERSHIP TEAM IS YOUR LOCAL PREVENTION RESOURCE

## OUR MISSION:

Bring together a collaboration of leaders that assess and advocate for the use of best practices to reduce risk behaviors of youth leading to substance use, abuse and addiction.

## OUR GOALS:

- Reduce substance use among DuPage County youth, 18 and under.
- Promote mental health and wellness for DuPage County youth, 18 and under.
- Identify and advocate for environmental and policy changes that will lead to the reduction of youth substance use.
- Increase awareness and access to services.

## We're Here to Help! Our nationally recognized Coalition can assist your school with:

- IYS registration.
- Analysis of your school's IYS results and offer best-practice prevention policies and educational resources to fit your needs.
- Presentations to students on substance use prevention and lifeskills.
- Creating comprehensive communication campaigns to implement in your schools.
- Fact sheets and educational materials for parents and teens on marijuana, vaping, kratom, CBD, mental health, teen health services and more.

For more information on the DuPage County Prevention Leadership Team, visit: [www.dupagePLT.org](http://www.dupagePLT.org) or contact the Project Coordinator, Jordan Esser at [Jordan.Esser@DuPageHealth.org](mailto:Jordan.Esser@DuPageHealth.org)

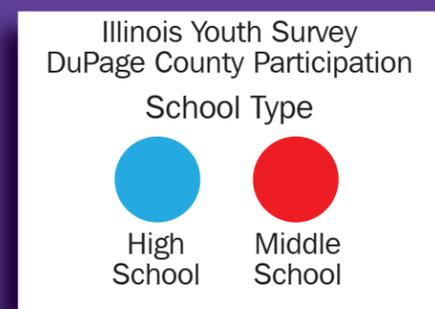
[www.dupageplt.org](http://www.dupageplt.org)



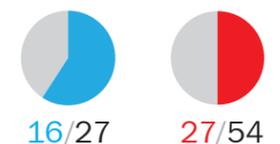
# YES to IYS



Register today for the Illinois Youth Survey (IYS) and ask your students for feedback about important risk and protective factors to enhance their health and well-being.



More than half of DuPage County Schools participated in 2018



Register Online at [iys.cprd.illinois.edu/register](http://iys.cprd.illinois.edu/register) or by phone at 888-333-5612



# ABOUT THE ILLINOIS YOUTH SURVEY



**SEP** Registration Begins  
Sep. 1, 2019

**OCT**

**NOV** Confirmation Begins  
Nov. 1, 2019

**DEC**

**JAN** Survey Begins  
Jan. 1, 2020

**FEB**

**MAR**

**APR**

**MAY**

**JUN** Survey Ends  
Jun. 1, 2020

**JUL**

The Illinois Youth Survey (IYS) is a self-report adolescent survey administered in Illinois schools and funded entirely by the Illinois Department of Human Services, resulting in no expense for schools that participate!

Hear important feedback from your students on the important issues.

- **Student Characteristics:** demographic data.
- **Drug Prevalence and Behaviors:** type, frequency, consequences of drug use (vaping/marijuana use).
- **Drug Use Contributing Factors:** access to drugs, parental communication about expectations to not use drugs (level of education on perception of harm with substance use).
- **Interpersonal Conflict, Violence, Delinquency:** bullying, high-risk behaviors.
- **Academic and School Experience:** youth opinions of academic experiences, school environment, engagement in school.
- **Mental, Social, and Physical Health:** thoughts about depression/suicide, nutrition, and physical activity.

The IYS is an easy and effective way to assess the needs of your students and highlight your school's strengths. This survey is recommended by the DuPage Regional Office of Education, the DuPage County Health Department and the DuPage County Prevention Leadership Team. As your community partners, we are happy to assist you in any way to ensure a smooth administration of this important survey.

## WHY PARTICIPATE IN IYS 2020?

- Obtain pertinent data from your students to make data driven decisions regarding school prevention policies and education.
- It only takes one class period to implement (P.E., Health or Homeroom would be great times).
- Data about a specific school's performance is provided only to the institution (though aggregate data for County is publicly available).
- The more schools participate, the more representative the results are for DuPage County. County-level data is used to secure grant funding and share needs with policy makers.
- It is free for schools.
- Obtain trend data to evaluate prevention efforts by participating every IYS cycle.
- Understand current and emerging trends such as vaping, marijuana and alcohol use and perception of use.
- Stay up to date on mental health issues students may be experiencing.

**"Our high school youth coalition, Reality, has used data from the IYS in our prevention policy presentations to village boards, resulting in cities raising the legal age to purchase tobacco products to 21, before the state changed the law."**

Allison,  
Junior  
Benet Academy

**"The Illinois Youth Survey provides school personnel focused student feedback inclusive of substance use, mental health, and self regulation. Participation in the survey supports commitment to the health and wellbeing of students and contributes to informative data collection efforts on a countywide level."**

Joan Glotzbach,  
Assistant Superintendent,  
DuPage ROE

**"As vaping related illnesses increase among young people, mental health issues continue to rise in our communities and as recreational marijuana approaches our state, it is imperative that schools hear from their students on their beliefs and needs on these issues in order to help guide important prevention strategies."**

Gilda Ross,  
Student and Community  
Projects Coordinator, District

