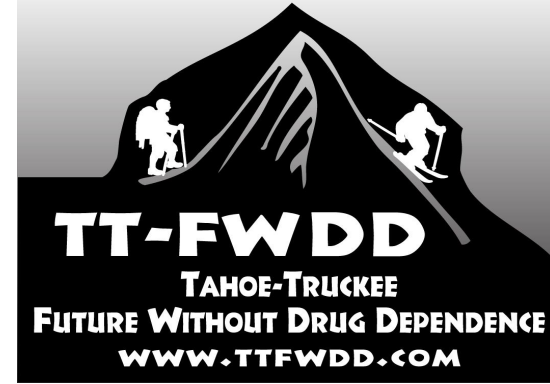




# Vaping Awareness



## Athlete's Committed Students



# Why are we here? Who are we?

## The Athlete Committed Code:

Loyalty to School, Team & Teammates

Serve with Honor & Integrity On & Off the Field

Ready to Lead, Ready to Follow, Will Never Quit

Take Responsibility for Your Actions & the Actions of Your Teammates

Excel as Athletes through Discipline and Hard Work

Train for Competition & Fight to Win!

We are Athletes Committed!

We walk a walk of sobriety year round to make sure our sports teams are at top performance.

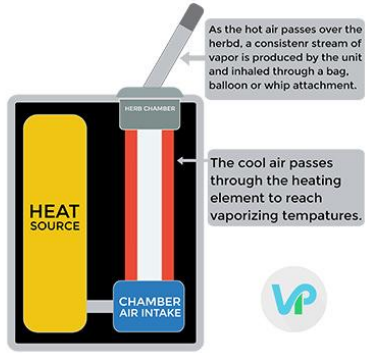
Welcome all fifth graders!

We are here to talk about the facts. We want to educate the youth in Truckee about the harmful effects on a trend known as vaping.

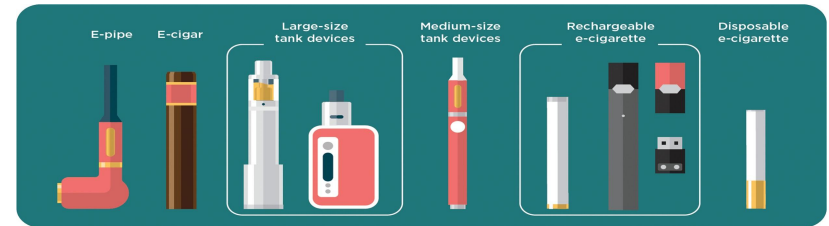
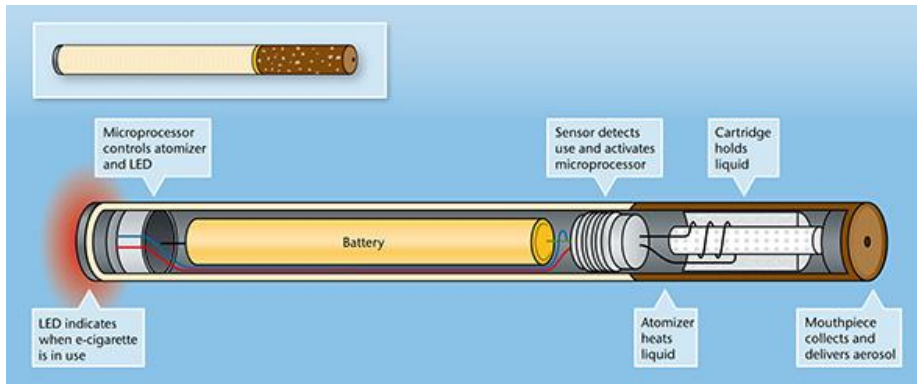
Know the effects, truth, and most importantly how to prevent.

Thank you very much!

# What are they?



- Nicotine dispensing devices, flavored liquid
  - Cotton candy, coconut, fruit punch
  - NOT GOOD, not just water vapor!
- Battery operated and heated
  - Intro in 2007
- Nicotine, flavoring agents, propylene glycol, other toxic chemicals
  - Much like cigarette (tobacco) in vapor form



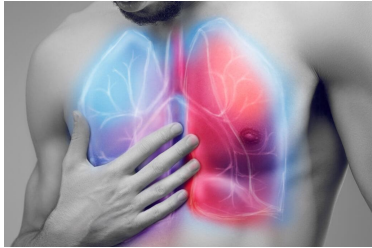


# Names to watch for

- E-cigs
- E-hookahs
- Hookah pens
- Vapes
- Vape pens/pipes
  - Juuls
  - "Dome"
  - Sourin
  - Dolphin



# Why does this drug matter?



- SECOND HAND SMOKE
  - Effects you when near smoke emissions
  - Can get you “high”, much like smoking the vape
- Particles of nicotine emission travel to lungs
  - causes inflammation and gets trapped
- E-Cigarettes contain 10 chemicals on list of disease causing chemicals
  - Cancer and birth defects
- Slows down brain development



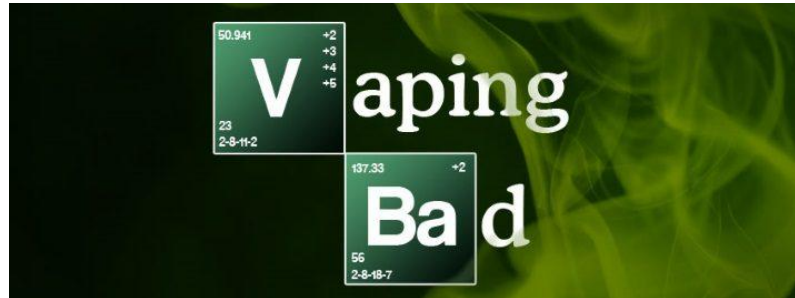




# What you should know!



- Highly addictive
- Poisoning concerns
  - Flavored liquid can poison the exposed (eyes, swallowed, etc.)
    - Does NOT help a nicotine addiction
  - Do NOT use in the place of a cigarette, they are much worse!



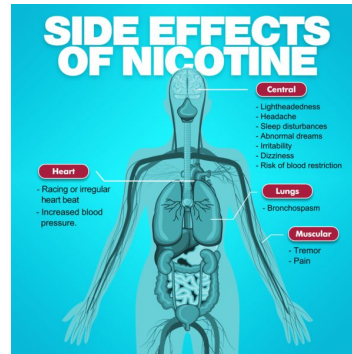


# Side effects - Short/Long term



## Short term:

1. Dizziness (dome/high)
2. Dry mouth
3. Shortness of breath
4. Loss of balance
5. Increased heart rate
6. Acid reflux
7. Mood swings
8. Memory problems
9. Coughing
10. Headaches (Withdraw)



## Long term:

1. Popcorn lung(s)
2. Bronchitis
3. Wheezing
4. Craving
5. Seizures
6. Death if ingested
7. School performance
8. Loss of appetite
9. Attention span
10. Brain development

# Who does it affect?

The short answer is ...



EVERYONE!

Don't let it be you!





# Video





# True or False?



1. E-cigarettes produce a harmless water vapor. There's no secondhand vapor.
2. E-cigarettes contain at least 10 harmful chemicals that cause cancer and birth defects
3. E-cigarettes can help people quit tobacco.
4. E-cigarettes are safe and don't have any toxins.
5. E-cigarettes are highly addictive, like cocaine and heroin.





# Conclusion



Any questions?

We hope you learned about the effects of vaping.

Athletes Committed believes in you!

Have a great day fifth graders!

