Recently, our Students Against Destructive Decisions (SADD) club wrote the letter below and asked if the school district would share it with all parents.  We commend their proactive approach to starting a dialogue on the topic of vaping.  Please take the time to read their letter.  In addition, the link below provides insight on this topic.

Dear Mom and Dad,

As you’ve most likely heard, vaping has become increasingly popular among us teenagers. Due to prevalent advertising and teen-popular flavors, vape products have been spreading rapidly throughout our school and our friends are using them. Many of these devices are small and look like flash drives or USB chargers. This makes them easily concealable and accessible because you might think it’s something for our chromebooks, it’s not. No one knows for sure the likely effects of vaping, which makes it even riskier for us. Nicotine, the addictive chemical found in many vape juices, is the same chemical present in cigarettes. Vaping at such an early age could increase our likelihood of becoming a cigarette smoker. Even more concerning is the vape devices designed for use with marijuana. These cartridges can be made by anyone and aren’t yet consistently regulated by the FDA, putting us even more at risk. At this time, six people have already passed away from using these cartridges and we need you to talk to us about these dangers.

So, as our parents, what can you do? Bring up the dangers of vaping to our family and talk to us about the health effects. We want to hear your take on this.  Honestly, it is a relief when you bring up topics like these. As parents we need you to arm yourselves with specific information about vaping so we can come to you and know the facts. A good starting point is talking with us about where we stand on vaping. We will tell you if you approach us the right way. We might even admit to having vaped in the past.  Please don’t freak out if we do. If you can stay calm and keep the communication honest, we will feel safe to freely talk about what’s going on with vaping and our friends. This way, we will be more inclined to actually consider what you are saying.

Thank you for listening,
PHS SADD Student Leaders

<https://www.nytimes.com/2018/02/14/well/family/how-to-talk-with-teenagers-about-vaping.html>