



Conewago Valley School District Counselors' Corner

October 2019
Dangers of Vaping

Vaping-What You Need to Know

E-cigarettes are now the most frequently used tobacco product among adolescents-some 5 million middle and high schoolers are using them.

Juul, the most popular vape device comes in fun flavors, looks like a flash drive and is charged in a USB port. It delivers high levels of nicotine and is extremely addictive. Some juices contain a substance that is found in anti-freeze.

Recent and unexplained deaths have been attributed to vaping. The CDC and the American Medical Association are expressing serious concerns, recommending that vaping should be avoided entirely. It has become an epidemic.

The majority of adolescents are purchasing vaping devices and juices from the internet.

Parents need to educate themselves first, so they know what is going on. A curious and inquisitive approach should be used to dialogue with their teen's experience or by asking them what they know about vaping. Using questions such as, "What do you know about what kids are doing?", will open up the conversation so that parents can start educating their child.

There have been 6 confirmed deaths associated with vaping. The CDC has confirmed 380 vaping related lung illnesses.

Warning Signs of Vaping

- Increased secrecy
- Increased irritability and mood changes due to nicotine addiction
- Increased thirst
- Bloodshot eyes
- Persistent cough
- Unexplained sweet scents
- Nosebleeds
- Finding unfamiliar battery chargers or USB ports



Additional Resources:

www.fda.gov
www.beaumont.org/dangers-of-vaping
www.childmind.org
www.cdc.gov

Contact Information:

Elementary:

Conewago Township Elementary

Lisa Miller, millerlisa@cvcolonials.org 624-2157 ext 8009

New Oxford Elementary

Roxann Hall, hallr@cvcolonials.org 624-2157 ext 7009

Conewago Valley Intermediate School

Becky Wildasin, wildasib@cvcolonials.org 624-2157 ext 4009

Abby Reichart, reicharta@cvcolonials.org 624-2157 ext 4010

New Oxford Middle School

Laurie Miller millerl@cvcolonials.org 624-2157 ext 3009

New Oxford High School

Alexandra Heller helleracvcolonials.org 624-2157 ext 2009

Shannon Webb webbs@cvcolonials.org 624-2157 ext 2010

Mark Rodrigo rodrigom@cvcolonials.org 624-2157 ext 2011