

# WELCOME TOWN HALL MEETING

**Topics: Vaping & Social Media**





# **Introduction by Nikkie Whaley**

**Governing Board Member**





## **PRESENTERS:**

**Dorothy Watkins,**  
Administrator of Social Services, WESD

**Madeline Haupt,**  
Health Educator, Touchstone Health Services

**Christina Munoz,**  
Community Liaison, Touchstone Health Services

**Victoria Saylor,**  
Regional Manager, Common Sense Media

The image features three overlapping rectangular frames. The outermost frame is a vibrant blue, the middle one is a deep red, and the innermost one is a dark navy blue. These frames are slightly offset from each other, creating a layered effect. In the center of these frames, the word "VAPING" is written in a clean, dark blue, sans-serif font.

VAPING

# VAPING

# Objectives

- What is vaping
- Types of vaping and what can be vaped
- Signs and symptoms
- Protective factors
- How to take action!





# What is vaping?

- Vaping is the action or practice of inhaling and exhaling the vapor produced by an electronic cigarette or similar device.





# VAPING AMONGST YOUTH

## 2018

### National Average vs. Maricopa County

8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade
1 in 16	1 in 6	1 in 5	1 in 7	1 in 5	1 in 4

Source: University of Michigan institute for social research

Source: Arizona Youth Survey

# TYPES OF VAPING DEVICES



**VAPING** is a rising epidemic in school-age youth. Teachers and parents are having a hard time detecting, containing, and preventing vaping usage in students.

**What do you think is in vaping devices?**



# Toxins:

- Acetaldehyde
- Acetone
- Acroetin
- Benzene
- Cadmium
- Chromium
- Diethylene Glycol
- Formaldehyde
- Isoprene
- Lead
- Nickle
- Nicotine
- N-Nitrosornicotine
- O-Methylbenzaldehyde
- Phenol
- Polycyclic Aromatic Hydrocarbons
- Prpanal
- Propylene Glycol
- Tin
- Toluene
- Diacetyl

# What else can be vaped?

- Liquid THC/ Wax
- Bath Salts
- Flakka
- Hash Oil
- Synthetic marijuana (Spice or K2)
- Psychedelics (DMT)



Doctors believe  
teen's lung  
failure due to  
vaping - ABC  
News

[August 22, 2019](#)



<https://www.youtube.com/watch?v=im4bTtQ99SY>



patients have experienced  
respiratory symptoms

(cough, shortness of breath, or chest  
pain)



some have also experienced  
gastrointestinal symptoms

(nausea, vomiting, or diarrhea)



non-specific constitutional  
symptoms

(fatigue, fever, or weight loss).



Symptoms typically develop over a period of days but sometimes  
can manifest over several weeks.



Gastrointestinal symptoms sometimes preceded respiratory  
symptoms.



Fever, tachycardia, and elevated white blood cell count have been  
reported in the absence of an identifiable infectious disease.



Many patients have sought initial care in ambulatory settings,  
some with several visits, before hospital admission.

## Health effects of vaping



# Vape Pens Exploding



[JUNE 20, 2019](#)



[HTTPS://YOUTU.BE/W15BFBOETHU](https://youtu.be/W15BFBOETHU)

# Have you heard about Vape Wear?

- Vape wear is to smoke hands free or smoke without being seen
- Can be attach to nearly all vape cartridges, electronic cigarettes, vape pens and can be easily attach to any clothing
- Some online sites sale custom designed drawstring clothing

VAPE  
ANYTHING  
VAPE  
ANYWHERE

LIVE LIFE ELEVATED

## HYDRO-VAPE BACKPACK

1  
2  
3  
4  
5  
6  
7  
8  
9  
10



- |                                       |                           |
|---------------------------------------|---------------------------|
| 1 Stash pocket                        | 6 Mouthpiece              |
| 2 Fleece-lined valuables pocket       | 7 Expandable storage flap |
| 3 Integrated Drawstring™ vapor system | 8 Tech chamber            |
| 4 Insulated hydro bladder pocket      | 9 Avalanche whistle       |
| 5 Drawstring security                 | 10 Waist strap            |



# E-CIGARETTE REGULATIONS IN ARIZONA

- Minors are guilty of an offense if they buy or have in their possession tobacco or vapor products. If found guilty there is a fine, not less than \$100 plus 30 days or more of community services.
- Minor misrepresenting their age to acquire tobacco products, if found guilty they will receive a fine of no more than \$500.

## **Other Regulations:**

-State excise or special tax placed on e-cigs?

-N/A

-Regulations in place for e-cig packaging?

-N/A

-Restrictions in place for retail or youth access?

-Sale of vapor product to persons under age 18 prohibited.

[Ariz. Rev. Stat. § 13-3622\(A\) \(2019\)](#)

-Purchase/possession of vapor product by person under age 18 prohibited.

[Ariz. Rev. Stat. § 13-3622\(B\) \(2019\)](#)

-Is a retail license or permit required to sell e-cigarettes?

-No

-What smoke-free restrictions exist for e-cigarette use?

-Use of e-cigarettes is prohibited in foster homes and in vehicles when foster child is present.

[Ariz. Admin. Code § 21-6-315 \(2019\)](#)

# Why youth are using substances

- According to recent AHCCCS report:
  - Self medication/Untreated mental health
  - Due to lack of fun, prosocial activities (boredom)
  - Lack of coping skills
  - Peer pressure
  - Media
  - Lack of parental Supervision
  - No “ash tray” smell
  - Used discreetly
  - Inadequate funding of schools to provide effective prevention education



# Protective Factors

- Good coping skills, problem solving skills
- Meaningful engagements and connections (school, clubs, church, sports, etc.)
- Emotional regulation
- Clear expectations
- Safe, secure environments
- Supportive, consistent family
- Monitoring
- Predictability
- One caring adult





# Parent/Child Conversations



- **57% of Arizona** teens say their parents have never talked with them about ways to turn down or avoid drugs.

# Have a Conversation, Not a Confrontation

- **Make sure you find the right moment:**
  - Choosing the right time can make or break the conversation and determine if they will even listen
  - Trauma-informed Approach
  - Start by asking what they think about certain things rather than talking at them (e.g. when driving or walking somewhere)
  - Listen non-judgmentally
  - ADD TALKING POINT ON CONFRONTATION
- **Ask for support when needed:**
  - Talk to your primary care provider
  - Talk to another trust adult (relative, teacher, etc.)
  - These people can support your message





# Resistance Tips to Give Youth

- **Walk away/leave**
- **Setting clear boundaries**
- **Hang with others who choose not to use**
- **Avoid problem situations**
- **Say “no” and repeat it if they keep pushing**
- **Change the subject**
- **Ignore it**
- **Offer an alternative**

# sources:

Fda.gov

Tobacco.ucsf.edu

AZbigmedia.com

Publichealthlawcenter.org

Surgeon General Advisory, CADCA's Response

Governor's Office of Youth Faith and Family

Youth Risk Behavioral Survey

AHCCS

Distributed via the CDC Health Alert Network

<https://tobacco.ucsf.edu/sites/tobacco.ucsf.edu/files/wysiwyg/Juul%20lawsuit%20-%20Florida%20April%202019.pdf> (Class Act Law Suit on JUUL)

University of New Hampshire (Dangers of Nicotine)



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The image features three overlapping rectangular frames. The outermost frame is a vibrant blue, the middle one is a deep red, and the innermost one is a dark navy blue. These frames are slightly offset from each other, creating a layered effect. In the center of these frames, the words "SOCIAL MEDIA" are written in a clean, dark blue, sans-serif font.

# SOCIAL MEDIA

# Always On: Helping Tweens and Teens Deal with Social Media

Presented by:  
Victoria Saylor  
Common Sense Media



# Family Inventory

- Do you allow your kids to use social media?  
Which platforms? Do you use any?
- What rules do you have around social media?
- What challenges have you faced when it comes to social media?

Get  
everyone  
on the  
same page  
with

# Family Media Agreement s

COMMON SENSE MEDIA



## Family Media Agreement

I, \_\_\_\_\_, will:

### ... take care.

- ☐ I will take care of the device I'm using and tell my family if it's broken, stolen, or lost. As a family, we have agreed on the consequences if I lose or break a device, and I understand those consequences.
- ☐ Unless I have paid for a device with my own money or it was a gift, I understand that the device belongs to the family member(s) who bought it.
- ☐ \_\_\_\_\_

### ... stay safe.

- ☐ I will not create accounts or give out any private information — such as my full name, date of birth, address, phone number, or photos of myself — without my family's permission.
- ☐ I will not share my passwords with anyone other than my family. I will ask my family to help me with privacy settings if I want to set up devices, accounts, or profiles.
- ☐ If anyone makes me feel pressured or uncomfortable or acts inappropriately toward me online, I'll stop talking to that person and will tell a family member or other trusted adult about it.
- ☐ \_\_\_\_\_

### ... think first.

- ☐ I will not bully, humiliate, or upset anyone online — whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles — and I will stand up to those who do.

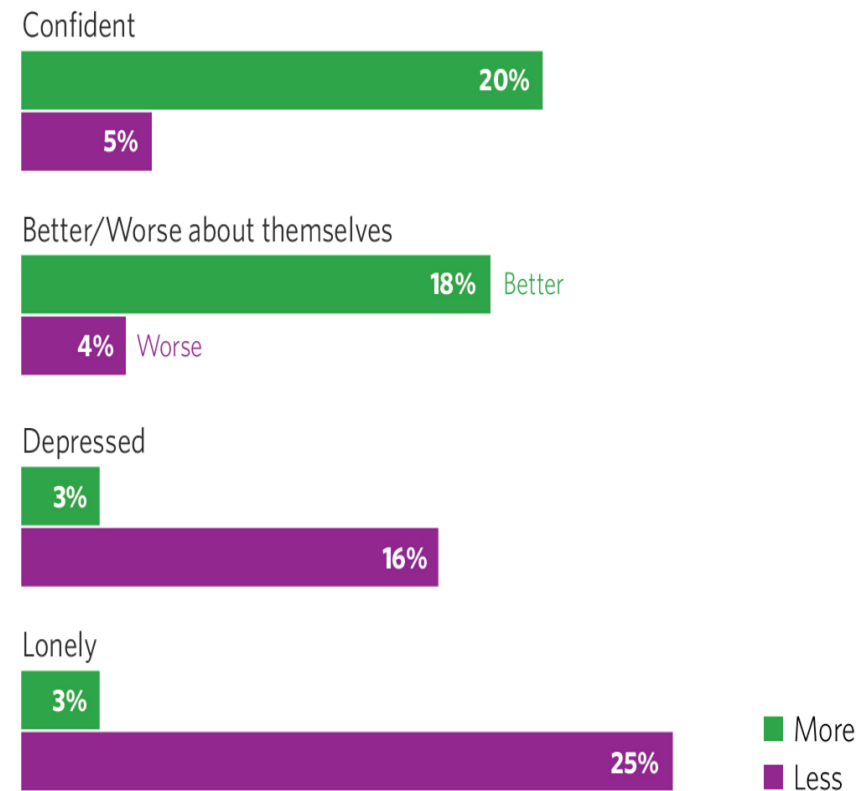




# Teens say social media makes them feel better, not worse, about themselves

Among 13- to 17-year-old social media users, percent who say using social media makes them feel:

Source: *Social Media, Social Life: Teens Reveal Their Experiences*, 2018.



Note: All differences depicted in this chart are statistically significant at  $p < .05$ .

# How To Help

**Address underlying causes before taking away devices completely.**

"I notice that you prefer to just stay in your room lately, and I'm curious about why that is. What's going on?"

**Keep devices out of private spaces.**

"We're all going to charge our phones in the living room at night so we can get better sleep."

**Remind teens that online friends are different from face-to-face friends.**

"I believe your online friends are real friends, and also to really know a person, you need to see them face-to-face."

**Bring time online back into overall balance.**

"As a family we're going to set some limits around when and where we use devices."



# Practical Tips

## 1. Lead with empathy

- Show you understand, validate, and don't diminish.

## 2. Combat comparisons

- Remind your kid that social media feeds are full of illusion and don't reflect a person's real life or inner experience.

## 3. Break it down

- Get specific about how people curate and choose what to post. Use specific posts from you, your kid, or a celebrity as examples.
- Give clear expectations and be and stay informed of apps used

## 4. Encourage connection over curation

- Remind teens to focus on fun and friendship—on- and off-screen—instead of image and validation.

# Social Media Red Flags Parents Should Know

**Age-Inappropriate Content:** Instagram, Tumblr, Snapchat

**Public Default Settings:** Instagram, Tik Tok, Twitter

**Location Sharing:** Twitter, Snapchat, Instagram

**Ads and in-app purchases:** Instagram, Twitter and Snapchat

**"Temporary" pictures and videos:** Snapcat, Instagram, Facebook Messenger

**Real-Time Video/Streaming:** YouNow, Instagram, Twitch

**Anonymity:** Yolo, Whisper, Lipsi

**Random Video Chat/"Meet New Friends.":** HOLLA: Live random video chat, Monkey, ChatLive, Random Video Chat

# To set parental controls or to not set parental controls?

*Functionality categories aim to address top parent concerns*

## Functionality Categories:

Content filters - limits access to age-appropriate content

Activity filters - limits purchases and social interactions

Usage controls - constraints device use through time-limits or forbidding certain types of usage

Monitoring - tracks location and activity when using the device

## Top Parent Concerns:

Fears of exposure to inappropriate content

Fears for online safety

Fears of tech addiction

Fears of not knowing what their kids are doing

(parent concerns are shown on [this slide](#))

# Parent's Ultimate Guide to Parental Controls

Block websites, filter content, impose time limits, see what my kids are doing.

- ***Qustodio, NetNanny***

Monitor my kid's phone

- ***Bark, KidBridge, MamaBear or Netwatcher***

Track my kid's location

- ***Find My Friends, Life 360 or FamSafe***

Manage all devices on the network, limit screen time, filter content, turn off Wi-Fi

- ***Open DNS or Circle Home Plus***

IOS and Android

- ***Apple's Screen Time and Google's Family Link***



# For More Information

## Email

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## Website

visit: [www.commonsense.org](http://www.commonsense.org)

## Follow Us

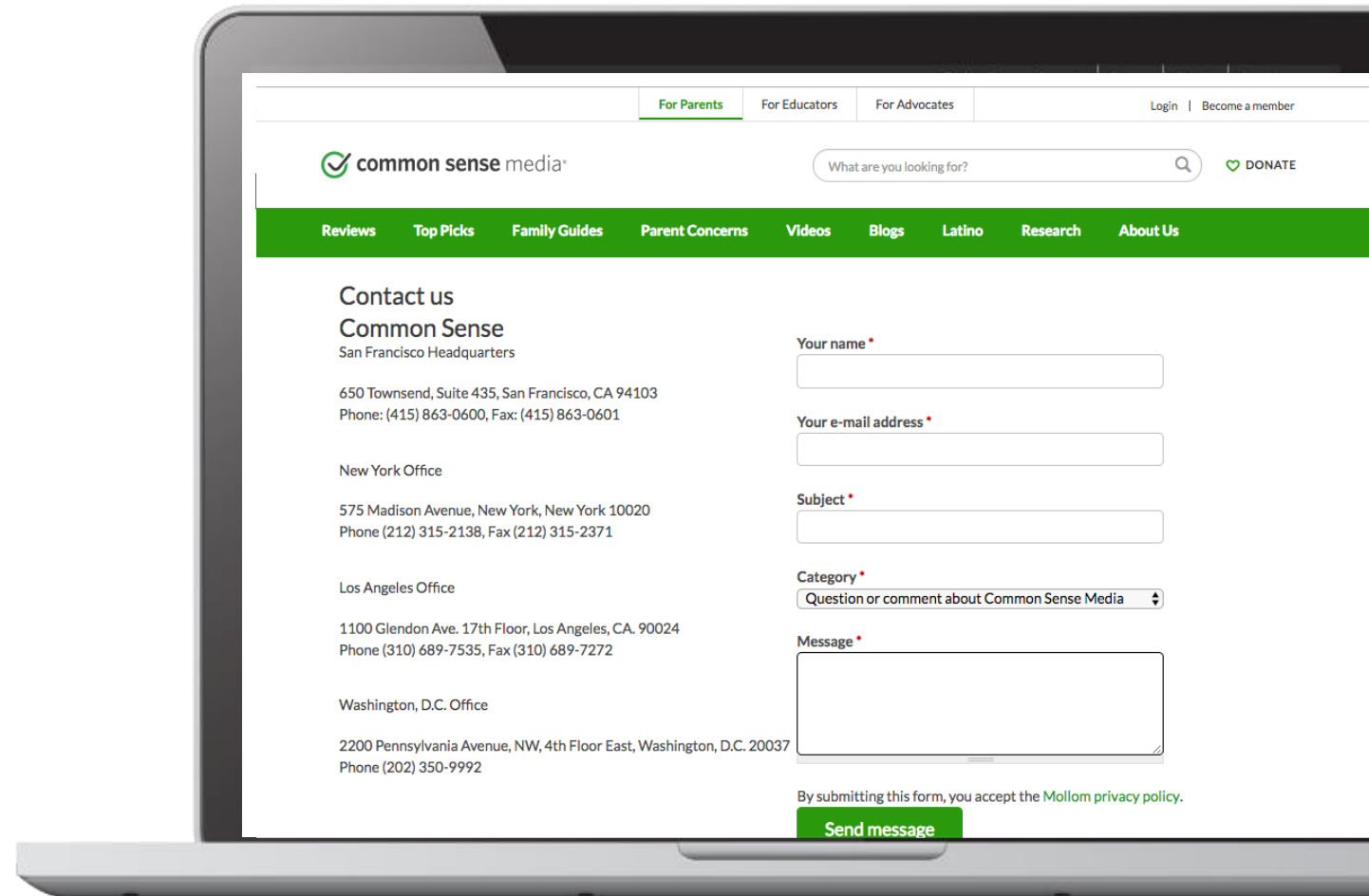


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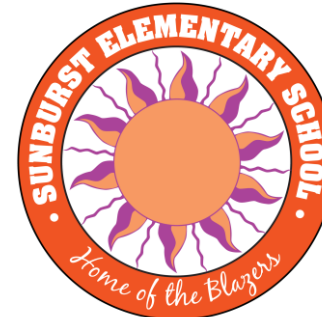
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**QUESTIONS?**



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**Thank you Regional Schools for  
participating!**



# THANK YOU!

