

# VAPOR ALERT!

## Vaping Devices and Dab Pens Have Been Spotted in Lamoille Valley Schools



The **SMOK ROLO BADGE** and the **SUORIN DROP** are small enough to fit in the palm of a hand.

Vaping devices heat and vaporize a pod of liquid, usually a mixture of nicotine, flavoring and foreign substances such as heavy metals.



The **JUUL** looks like a flash drive, charges in a USB port, and is easy to conceal.

The nicotine pods and juices come in flavors and scents designed to attract young users.



The **SUORIN AIR** looks like a battery pack, portable hard drive, or a small cell phone.

The vapor is inhaled directly into the lungs, increasing the rate of addiction to the nicotine.



A **DAB PEN** looks like a pen and vaporizes a concentrated dose of marijuana 4x stronger than high grade weed.

The concentrated dose risks severe psychological and physical effects.

## WHAT CAN YOU DO ABOUT TEEN VAPING?



**Talk about it.** Ask the youth in your life what they are seeing and listen without judgement to their experience. Ask your schools to let you know what devices they are finding. Talk with other parents and community members, share what you know. Find strategies for talking to your kids at [Parentupvt.org](http://Parentupvt.org).



**Educate yourself.** If your kids have a device that you're not familiar with, ask them to show it to you, look for brand names, do an internet search, monitor social media accounts. Learn more about vaping and find resources at [www.healthylamoillevalley.org/electronic-cigarettes](http://www.healthylamoillevalley.org/electronic-cigarettes).



**Know what's happening in your community and make a positive change.** Check in with stores that may be selling vaping devices. Ask about their policies and what they're doing to prevent underage vaping, including customers reselling to minors.



**Join Healthy Lamoille Valley's local prevention coalition and our local Tobacco Prevention Taskforce.** Join us and work to reduce youth substance abuse in our community. Visit us at [www.healthylamoillevalley.org](http://www.healthylamoillevalley.org), or email [alison@healthylamoillevalley.org](mailto:alison@healthylamoillevalley.org).



**Help Your Teen Quit Vaping.** Encourage youth to talk to a trusted adult such as a school counselor, and join a youth-centered quit program at their school. Contact your pediatrician to discuss options for quitting. Visit [teen.smokefree.gov](http://teen.smokefree.gov) and [www.thisisquitting.com](http://www.thisisquitting.com) for resources and support. Youth thirteen years and over can visit [802Quits.com](http://802Quits.com) for cessation help.