



# Little Falls Township Public Schools

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Dear Parents/Guardians,

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I am reaching out to make you aware of a growing problem among middle and high school students. Recently, there has been a reported increase in the student use of electronic cigarettes or “vapes”. According to the Centers for Disease Control and Prevention, nearly 1 out of every 4 teenage students use electronic vaping products.

While many believe “vaping” is a better alternative to traditional smoking, it is important to know that electronic cigarettes include nicotine and caffeine, both substances found in high doses to have negative effects on adolescent brain development. The liquid that is vaporized through the device has concentrated nicotine that is as addicting as nicotine in cigarettes, and some may even contain formaldehyde and acetaldehyde — known carcinogens.

#### What to look for:

- 1. Mystic Aroma** - E-cigarettes don't smell bad like the smoke from combusting tobacco, however, most e-liquids have flavors in them that usually smell nice like candy, mint, vanilla, or fruit punch.
- 2. Unfamiliar handheld gadgets** - E-cigarettes come in various shapes. The most common ones resemble a pen and are known as vape pens. The easiest way to spot an e-cig is to look for holes on each end of the device.
- 3. Increased thirstiness** - Vapor from e-cigs is made of VG (Vegetable Glycerin), PG (Propylene Glycol), and flavors. The chemical characteristics of PG make it attract water molecules from its surroundings. This would make your child suddenly drink more water.
- 4. Batteries and Chargers** - Vaporizers need to be charged on a regular basis. While some e-cigs can be charged with just a USB cable, most of the powerful e-cigs like box mods support 18650 batteries. If you see unfamiliar batteries on the charger, take a look around and you might find a vaping device.
- 5. Metallic wires and cotton wicks** - If you find organic cotton, empty plastic vials or thin metallic coils lying in your child's room, this is yet another red flag.
- 6. Discarded vaporizer (tool used to vape)** - The vaporizers are a vital part of e-cigs as they turn e-juice into vapor, however, they are disposable and after a while usually burn out. If you come across a discarded vaporizer in your child's garbage can, it's a clear indication that he/she has been vaping.

#### Important information:

**“Juul”** - Another device called a “Juul” (pronounced jewel) has liquid “pods” that contain an even higher concentration of nicotine. The “Juul” device looks exactly like a USB drive which is small and easily concealed. These devices can all be used to “vape” or smoke marijuana oils and/or marijuana wax.

**“Dripping”** - One in four teens who have used e-cigarettes have also tried a potentially dangerous new vaping method called “dripping” — dropping e-cigarette liquid directly onto the hot coils of the device to produce thicker, more flavorful smoke that may expose users to higher levels of nicotine and to harmful non-nicotine toxins, such as formaldehyde and acetaldehyde — known carcinogens.

We encourage you to have a conversation with your son or daughter about the information presented in this letter. Please feel free to reach out to Mr. Ligus with any questions or concerns. We also have certificated staff members who are able to assist you with speaking to your child if needed.

As always, our primary concern is for the health and safety of your children. It has come to my attention that there are rumors in the community that vaping was taking place in our middle school. Please note that after an extensive investigation conducted by school personnel, we have concluded that this is not accurate. It is important, however, to be aware and vigilant as it is taking place in and around our community. Thank you for your assistance in this serious matter.

Warm Regards,

Tracey Marinelli

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