

# Fairfax County School Health Promotion November/December Newsletter

## “Lungs Are Meant for Air!”



### News You Choose or Keep in Touch

E-cigarettes, also known as JUULs, vapes, suorins, e-pipes, and vape pens, are not “safe” cigarettes. They work by heating liquid in a device to create a chemical-filled aerosol. They contain nicotine, a highly addictive substance, and other harmful chemicals. Kids’ brains are still developing, so nicotine exposure can disrupt attention and learning. E-cigarettes come in many different flavors that appeal to youth, like mango, cotton candy, and watermelon. E-cigarette use is rising at an alarming rate amongst youth. You can be a good example by starting the conversation about e-cigarettes, being nicotine-free, and empowering your child to make healthy choices.

#### Resource Corner:

QUITline – 1-800-Quit-Now is a free, effective, and confidential hotline for ages 13+. This service is available 24/7 and provides one-on-one assistance.

The Real Cost – Informational site that gives teens the real facts about tobacco products. For more information, visit <https://therealcost.betobaccofree.hhs.gov/>.

American Academy of Pediatrics – Vaping factsheets for parents in English and Spanish. Visit [www.healthychildren.org/E-cigarettes](http://www.healthychildren.org/E-cigarettes).

#### References:

[www.fairfaxcounty.gov/vaping](http://www.fairfaxcounty.gov/vaping)

[www.fcps.edu/vaping](http://www.fcps.edu/vaping)

[www.cdc.gov](http://www.cdc.gov)

[www.truthinitiative.org](http://www.truthinitiative.org)

[www.teen.smokefree.gov](http://www.teen.smokefree.gov)

#### Hashtag:

#ffxhealthykids

