

Fairfax County School Health Promotion November/December Newsletter

“Your Breath Matters. Your Choices Matter.”



News You Choose or Keep in Touch

E-cigarette use among teens is on the rise and can have many negative health implications. Vaping products contain metals, chemicals, and other substances that not only lead to addiction, but may cause lung-related injury. Teens are more likely to become addicted to e-cigarettes, because brain pathways in teen brains develop faster than adults. Most e-cigarettes contain nicotine, which is highly addictive and can harm brain development – which continues until about age 25.

It is important that you talk to and educate your teen about the dangers of e-cigarette use. There are many resources available that help support vaping cessation and promote healthy decision-making.

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/>.

Smokefree Teen – **quitSTART** is a free smartphone app that helps you quit using tobacco with tailored tips, inspiration, and challenges.

References:

www.fairfaxcounty.gov/vaping

www.fcps.edu/vaping

www.cdc.gov

www.truthinitiative.org

www.teen.smokefree.gov

Hashtag:

#ffxhealthykids

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