

# Straight Talk

- Welcome-Denise Dubravec
  - Principal and Moderator
- Program Focus
  - Substance Use
  - Stress
  - Attitude and Perceptions



# Tonight's Panel

- Officer Jerry Sarabia
  - Winnetka Police Dept.
  - New Trier Resource Officer
  - Juvenile Officer/Youth Crime
- Dr. Sirota, MD, FAAP
  - 20 years practicing pediatrician
  - Assistant Professor Clinical Pediatrics, NW Feinberg School of Medicine
  - Chair of the PediaTrust Board of Managers
- Scott Williams, Assistant Principal Student Services
  - 6 years Administration
  - 8 years Former Adviser Chair
  - Student Intervention Programs
- Kris Hummel, LCSW, CADC
  - Student Assistance Program Coordinator
  - 26 years as a Social Worker

# NTHS Students





# Vaping Bad: Were 2 Wisconsin Brothers the Walt...

As the authori... related lung ill... look at the vas...

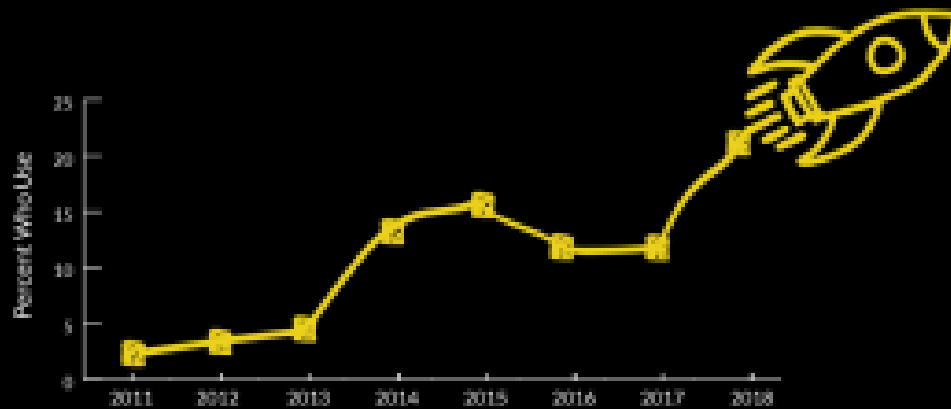
## Vaping Illne... 2,051 Cases... Deaths

Hundreds of p... been sickened... illnesses linke... most by using... products.



David Beth, the Kenosha Cou... Kenosha, Wis., on Wednesday

# E-cigarette Use **Skyrocketed** Among High Schoolers



Let's protect our kids. Learn more at [CDC.gov/e-cigarettes](https://www.cdc.gov/e-cigarettes)



g teens. In 2018, rettes in the last

# D... illnesses CDC to

# A Public Health Crisis

September 18, 2019

Former FDA Commissioner Dr. Scott Gottlieb:

*“We have an obligation to act on what we know. And what we know is very disturbing. Kids use of e-cigarettes has reached an epidemic level of growth.”*

# NT Statistics of Use

In 2019, 33% of NT students used e-cigarettes in the past month. This is a decrease from 42% in 2018.

E-cigarettes are the MOST POPULAR tobacco product used by adolescents

# Terminology



E-cigs

Vape pens, vapes

E-cigars

E-hookah

Mechanical Mods

Personal vaporizers

JUULS



# On-Line Purchase

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\$10 OFF ORDERS \$100+ | CODE: **VET10**

WE JUST MOVED, SEE SHIPPING INFO

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NEW BRANDS STARTER KITS DEVICES REBUILDABLES TANKS ACCESSORIES E-LIQUIDS ALTERNATIVES

Home > Brands

## FEATURED BRANDS



INNOKIN

aspire  
LIFE CHANGING

SMOK

Vapetasia

SOLACE



naked<sup>100</sup>



JOY  
I JOY. FOR YOUR JOY





# Types of E-Cigarettes Products and Devices



The New York State Department of Health shared photos of some of the products it found to contain vitamin E acetate, a key focus of the department's investigation into potential causes of vaping-associated lung disease.

Source: New York State Department of Health

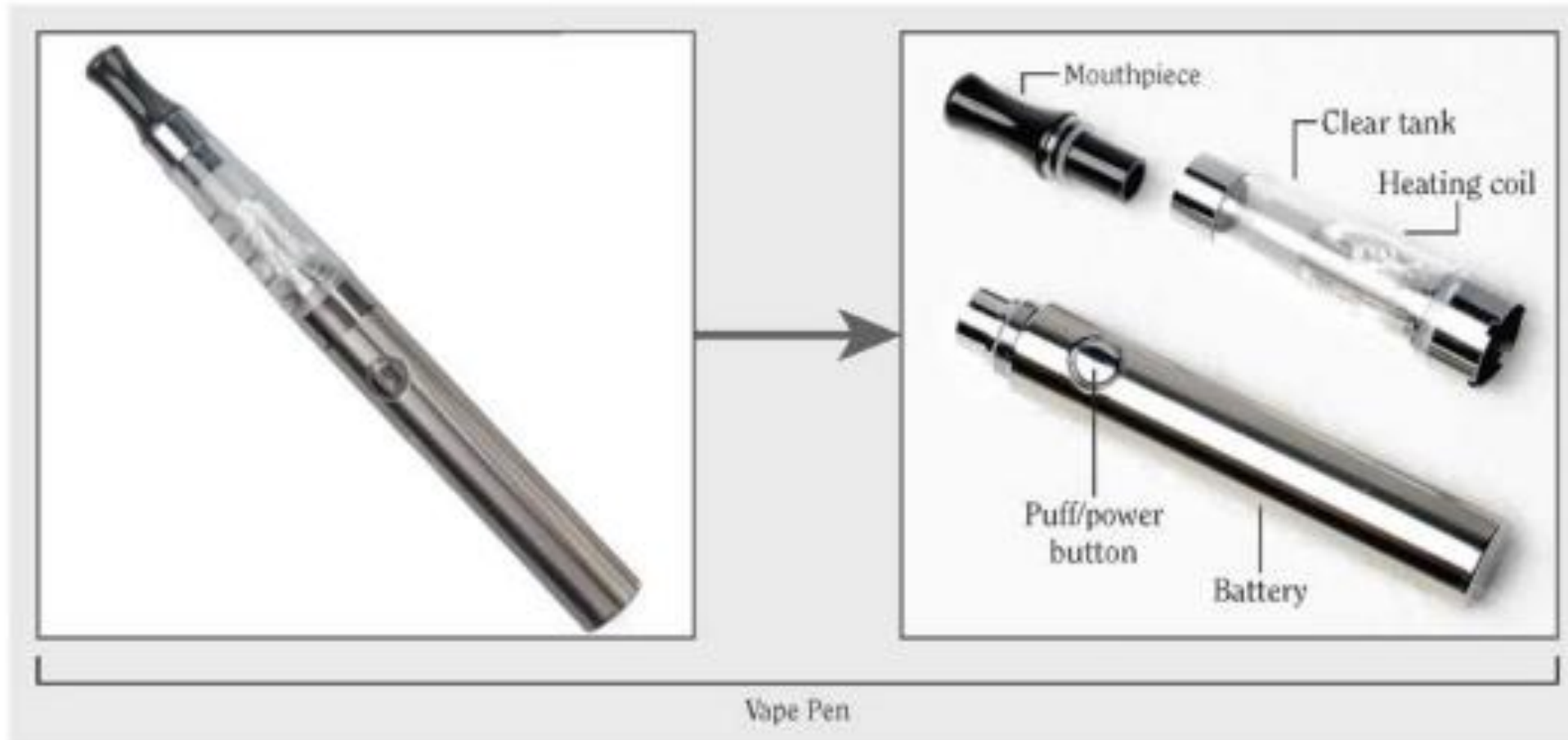
# Types of E-Cigarettes Products and Devices

*A Report of the Surgeon General*

**Figure 1.2** Parts of an e-cigarette device



# Types of E-Cigarettes Products and Devices



# Types of E-Cigarettes Products and Devices



Source: Photo by Mandie Mills, CDC.

# Types of E-Cigarettes Products and Devices



Source: Photo by Mandie Mills, CDC.



Source: Photo by Mandie Mills, CDC.

# Products and Devices



SAVE 20%  
with code  
LEAFLY



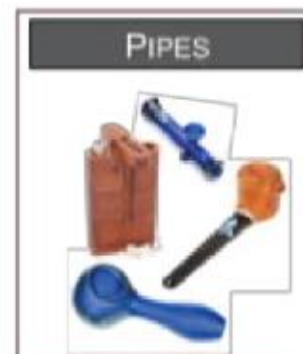
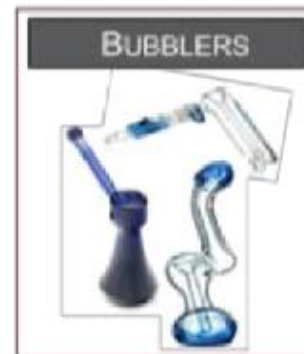
# Health Harms

- The nicotine in e-cigarettes is addictive and can harm brain development
- E-cigarettes are not recommended as a way to quit smoking
- In some cases, e-cigarettes have exploded, causing burns or fires
- Exposure to secondhand vapor from e-cigarettes is harmful to growing lungs
- Long-term health effects on users and bystanders are still unknown
- The solution and vapor from e-cigarettes contain harmful chemicals, some of which cause cancer
- E-cigarettes can be used to smoke or “vape” marijuana, herbs, waxes, and oils
- Youth are uniquely vulnerable to the nicotine in e-cigarettes because their brains are still developing

# Cannabis Potency- January 1, 2020

## NOT THIS...

-5-25%  
THC



## BUT THIS...

~20-95%  
THC





# Cannabis Legalization

## MYTH

Everyone can use it, anywhere



## FACT

Illinois residents 21+ years

30 g raw cannabis (*approximately 60 joints*) / 500 mg or less of THC in cannabis infused products

Prohibited: School grounds (unless qualifying patient), Correctional facilities, Any motor vehicle, Private residence used as day care, Any public place, **Close proximity to anyone under 21 (not a qualifying patient)**, Smoking where smoking prohibited by SFIA, While operating motor vehicle, While on duty as law enforcement/firefighter/CDL

# Cannabis Legalization

## MYTH

Legalization is equal to safe



## FACT

Similar to alcohol, just because it is legal does not mean it is safe.

It is still illegal federally.

It still affects the developing teenage brain.

# Cannabis Legalization

## MYTH

Driving under the influence of cannabis is fine/better/safer



## FACT

Marijuana significantly impairs judgment, motor coordination, and reaction time, and studies have found a direct relationship between blood THC concentration and impaired driving ability.

In Colorado, drugged driving went from killing roughly 1 person every 6.5 days to now every 2.5 days, since legalization was passed. (Rocky Mountain HIDTA. (2018, September))

# Cannabis Legalization

## MYTH

Cannabis is not addictive



## FACT

Cannabis is the #1 reason teens enter substance use treatment.

Cannabis use can lead to cannabis use disorder, which takes the form of addiction in severe cases.

Cannabis use disorders are often associated with dependence—in which a person feels withdrawal symptoms when not taking the drug.

Cannabis use disorder becomes addiction when the person cannot stop using the drug even though it interferes with many aspects of his or her life.

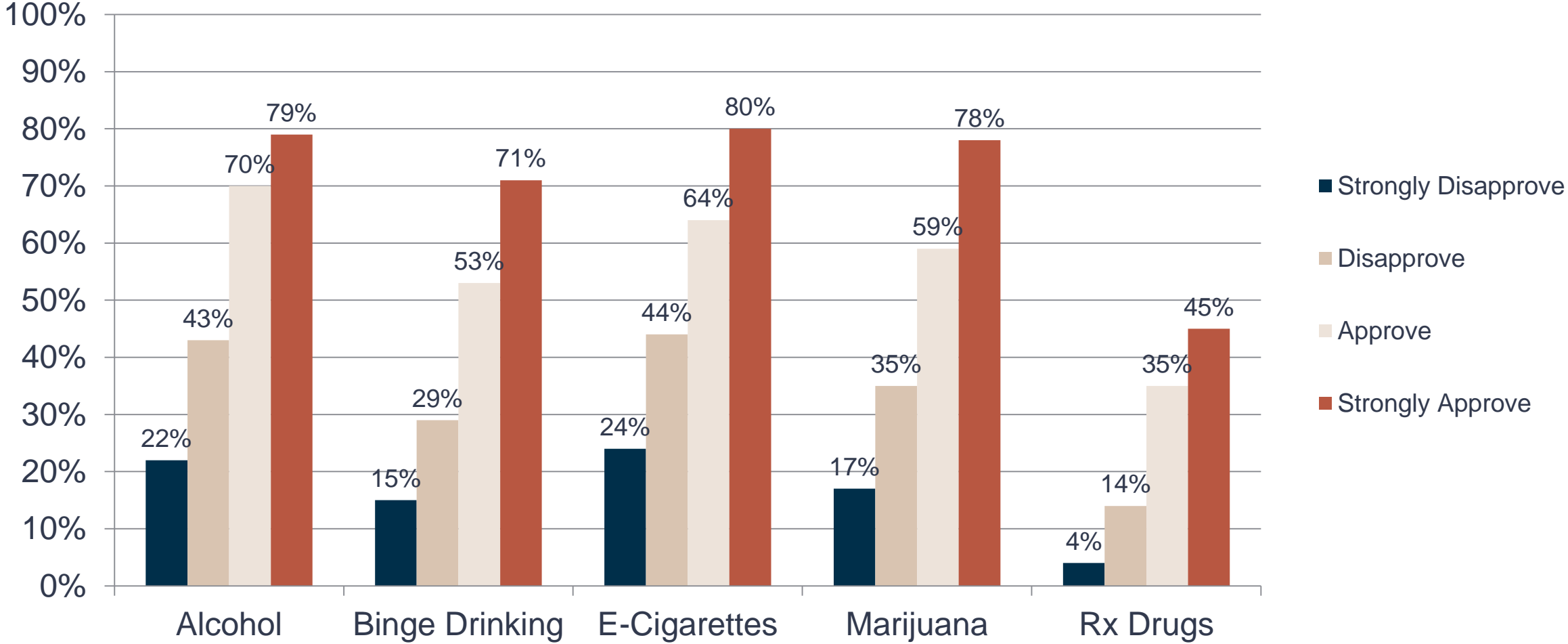
# Reasons Not to Drink or Use Marijuana

1. Be in control of body/actions
2. Parent rules/expectations
3. Affects grades/future
4. Illegal
5. Activity eligibility
6. School policy
7. Lose license

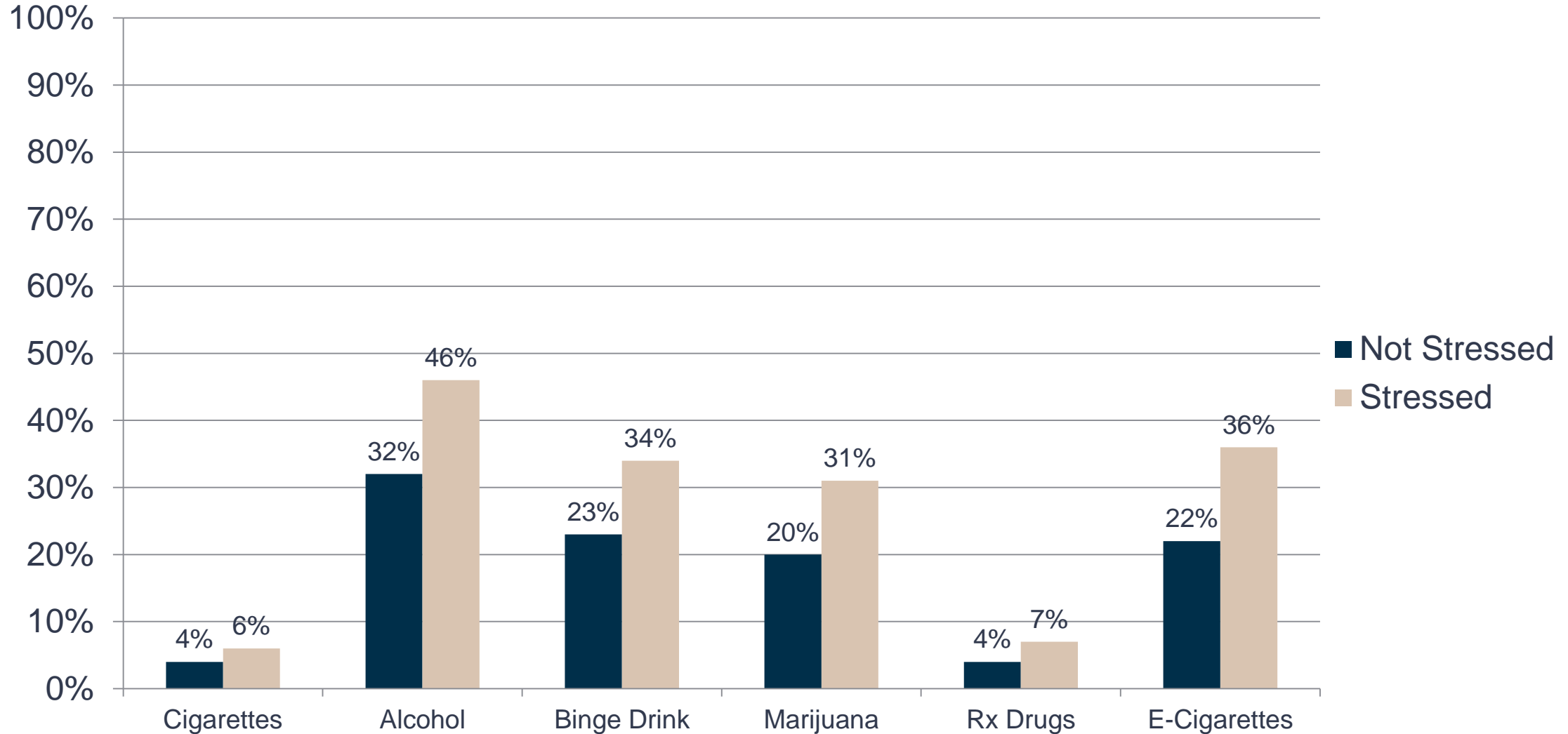
# Primary Reason for Use

1. Fun with friends
2. To destress/forget problems
3. Make me comfortable in social situations
4. Adults in my home use substances

# Impact of Parent Approval



# 30 Day Use and Stress



# 30 Day Use and Depression

