

JUB November Newsletter

From the Desk of Mrs. Nettles, SBSW

November is Tobacco Awareness Month. Let's help to raise awareness of the problem with tobacco use in our community.

Vapes: Why are They So Enticing?

- They are an alternative to smoking
- They are more socially acceptable than smoking
- They are more convenient than smoking
- There are many different types of e-cigarettes & flavors of vape juices



Tobacco Use Prevention Resources

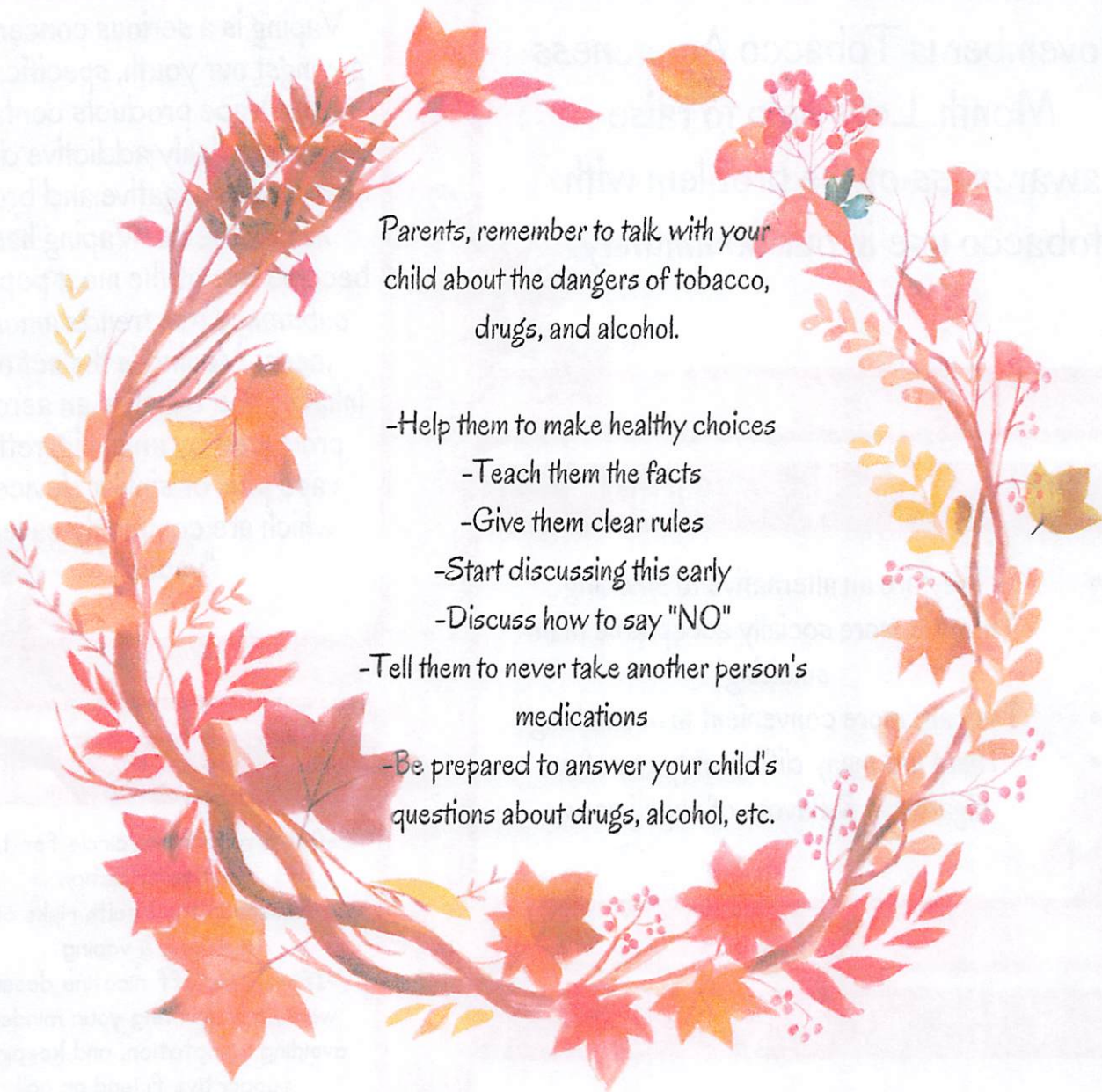
Smoke free Teen
CDC Youth Tobacco Prevention
No Smoking Room
Project Prevent
Smoking Stinks
Truth Initiative: Youth Activism

Vaping: Let's Address It

Vaping is a serious concern amongst our youth, specifically teens. Vape products contain nicotine, a highly addictive drug, that causes negative and broad health effects. Vaping has become one of the most popular substance use trends among teens. Vaping is the act of inhaling and exhaling an aerosol produced by an e-cigarette, vape pen, or similar devices which are commonly called "vapes".

Let's Kick the Habit!

- Get a supportive circle for the nicotine addiction
- Research the health risks of smoking & vaping
- If weaning off nicotine doesn't work, try: shifting your mindset, avoiding temptation, and keeping a supportive friend on call
- Pinpoint triggers that make you crave smoking or vaping
- Surround yourself with others who don't smoke or are trying to quit as well
- Replace the habit with something that makes you feel good



Parents, remember to talk with your child about the dangers of tobacco, drugs, and alcohol.

- Help them to make healthy choices
 - Teach them the facts
 - Give them clear rules
 - Start discussing this early
 - Discuss how to say "NO"
- Tell them to never take another person's medications
- Be prepared to answer your child's questions about drugs, alcohol, etc.