

DISTRICT ADVISORY COUNCIL

April 17, 2018
 School Board Meeting Room
 6:00 P.M.

AGENDA

		ITEM	Presenter
1.	6:00	Call to Order/Welcome	Mr. Scott Hertz
2.	6:02	Approval of Minutes from the 3/14/2019 Meeting	Mr. Scott Hertz
3.	6:05	Public Comment* <i>(Non-DAC Members •Agenda Items)</i>	
4.	6:10	Board Update	Mrs. Gwynetta Gittens
6.	6:15	Vaping Presentation	Mary Lynn Rodriguez, Coordinator, Student Services, Sara Thompson, Kathleen Wynee, Prevention Specialists, Student Services
7.	7:00	Breakout Group Discussions & Visitation	All
8.	7:45	Breakout Group Reports	Subcommittees
9.	7:55	Public Comment* <i>(Non-DAC Members •Non-Agenda Items)</i>	
10.	7:58	Good of the Order	All
11.	8:00	Adjournment	

***3-minute time limit per speaker**

Mission Statement: *The District Advisory Council in cooperation with the Lee County School Board will gather information and seek input from the schools and the community at large in an effort to advise the Board and develop recommendations for constant improvement of our educational system.*

The next District Advisory Council Meeting is May 17, 2019

Topic: Legislative Update and Year End Review

Tobacco & Vaping



April 17, 2019
Sara Thompson, Prevention Specialist
Kathy Wynne, Prevention Specialist

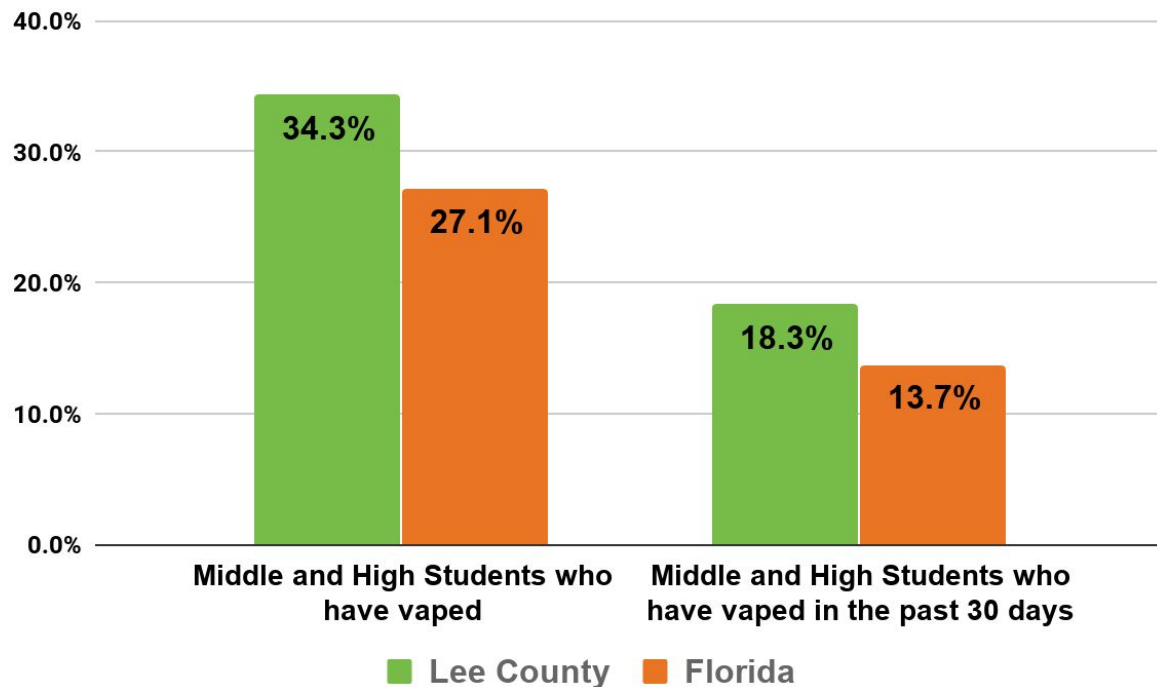
FOOD AND DRUG ADMINISTRATION STATEMENT

- **September 12, 2018: Food and Drug Administration (FDA) released a statement declaring youth electronic cigarette use is an EPIDEMIC**
- **In its statement, the FDA acknowledged that the biggest trend in youth e-cigarette use are cartridge-based e-cigarettes, like the JUUL**

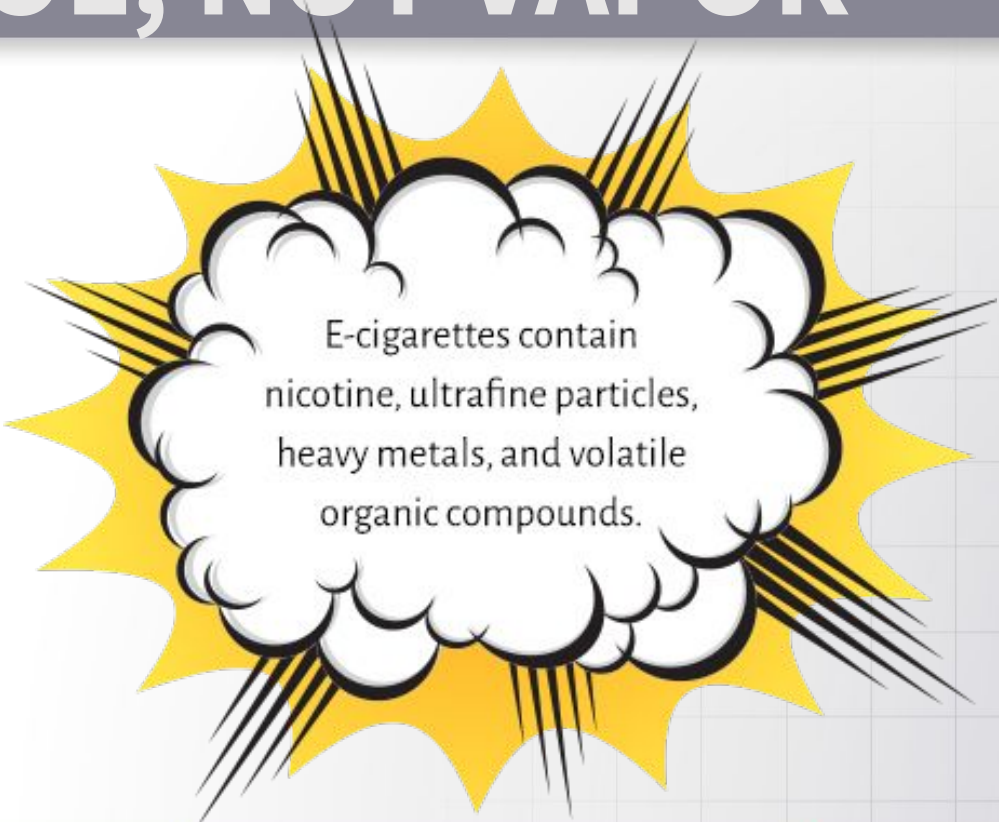
2018 FLORIDA YOUTH SURVEY RESULTS

For youth in Lee County, the 30-day reported use for electronic cigarettes is more than **10 times** the rate of traditional cigarette use.

2018 FLORIDA YOUTH SURVEY RESULTS



AEROSOL, NOT VAPOR



E-cigarettes contain
nicotine, ultrafine particles,
heavy metals, and volatile
organic compounds.

WHAT'S IN THE AEROSOL?

Propylene glycol
Glycerin
Flavorings (many)
Nicotine
NNN
NNK
NAB
NAT
Ethylbenzene
Benzene
Xylene
Toluene
Acetaldehyde
Formaldehyde
Naphthalene
Styrene
Benzo(b)fluoranthene

Chlorobenzene
Crotonaldehyde
Propionaldehyde
Benzaldehyde
Valeric acid
Hexanal
Fluorine
Anthracene
Pyrene
Acenaphthylene
Acenaphthene
Fluoranthene
Benz(a)anthracene
Chrysene
Retene
Benzo(a)pyrene
Indeno(1,2,3-cd)pyrene

Benzo(ghi)perylene
Acetone
Acrolein
Silver
Nickel
Tin
Sodium
Strontium
Barium
Aluminum
Chromium
Boron
Copper
Selenium
Arsenic
Nitrosamines
Polycyclic aromatic hydrocarbons

Cadmium
Silicon
Lithium
Lead
Magnesium
Manganese
Potassium
Titanium
Zinc
Zirconium
Calcium
Iron
Sulfur
Cobalt
Rubidium

WHERE ELSE ARE THESE CHEMICALS?

Propylene glycol



Antifreeze

Acetone



Nail Polish Remover

Ethylbenzene



Pesticides

Formaldehyde



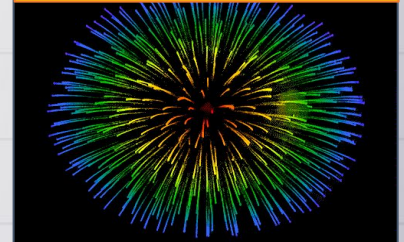
Embalming Fluid

Nicotine



Cigarettes

Rubidium



Fireworks

CNN VIDEO

A 2018 study on 56 e-cigarettes found presence of toxic metals was found in the aerosol.

<https://www.cnn.com/2018/11/13/health/juul-flavor-social-media-fda-bn/index.html>

E-JUICE/E-LIQUID

Nicotine

Flavoring
Chemicals



Propylene
Glycol

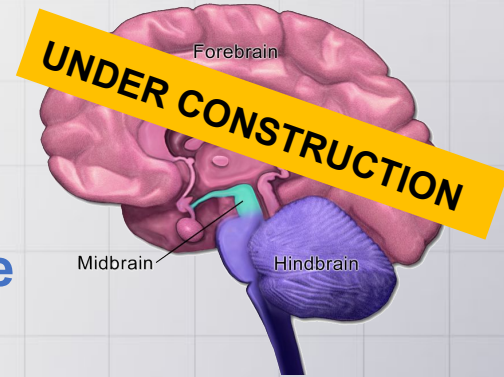
Vegetable
Glycerin

HOW MUCH NICOTINE IS IN AN E-CIGARETTE?

- **Nicotine levels in e-cigarettes vary and the labels are unreliable**
- **According to the manufacturer, JUUL pods contain the same amount of nicotine as a regular pack of 20 cigarettes**
- **The high concentration of nicotine in JUUL pods increases the potential for youth addiction**

WHY TEENS ARE MORE AT RISK

- Adolescents can get addicted more easily than adults because an adolescent's brain builds connections faster
- Nicotine changes the way brain connections are formed, harming the parts of the brain that control attention and learning
- Teens that vape are **4 times** more likely to smoke cigarettes than teens who do not



NICOTINE IS AS ADDICTIVE AS OTHER DRUGS

Research suggests that nicotine is as addictive as heroin, cocaine, and alcohol.

TEEN SUBSTANCE USE

- The earlier an individual starts smoking, drinking, or using other drugs, the greater the likelihood of addiction
- 90% of people who abuse or are addicted to nicotine, alcohol, or other drugs began using these substances before they were 18
- Only 4% of people with substance addiction problems began using after the age of 21

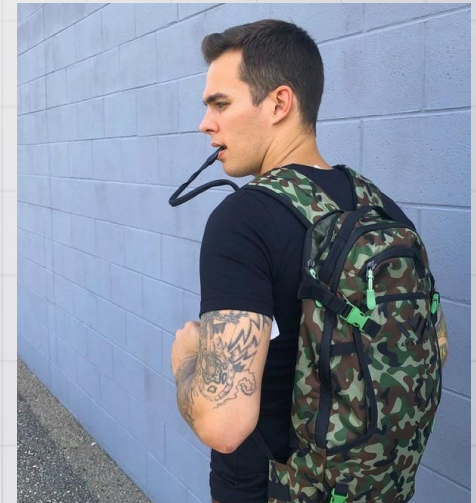
HOW TO TELL IF YOUR TEEN IS VAPING

- If their room or clothes smell artificially sweet, don't assume it is a candle or lotions, perfume, etc.
- Nosebleeds are common among vape users
- Many vapers report increased thirst
- Vapers often have bloodshot eyes
- There is often a heightened caffeine sensitivity, so they may reduce their caffeine intake and turn down coffee and sodas



VAPRWEAR

Be on the lookout for these products, designed to help users hide their vaping device.



MARIJUANA CONCENTRATES

- Also known as a THC extraction, “dab”, or BHO, a marijuana concentrate is a highly potent THC concentrated mass often similar in appearance to honey or butter
- The effects on the user are usually more psychologically and physically intense than plant marijuana use



MARIJUANA CONCENTRATES

- **Ways to use marijuana concentrates include smoking them in pipes or e-cigarettes, and eating or drinking products that are infused with them.**
- **Vaping marijuana concentrates (called “dabbing”) is often preferred because it is smokeless, odorless, and easy to conceal. It also ensures an instant high.**



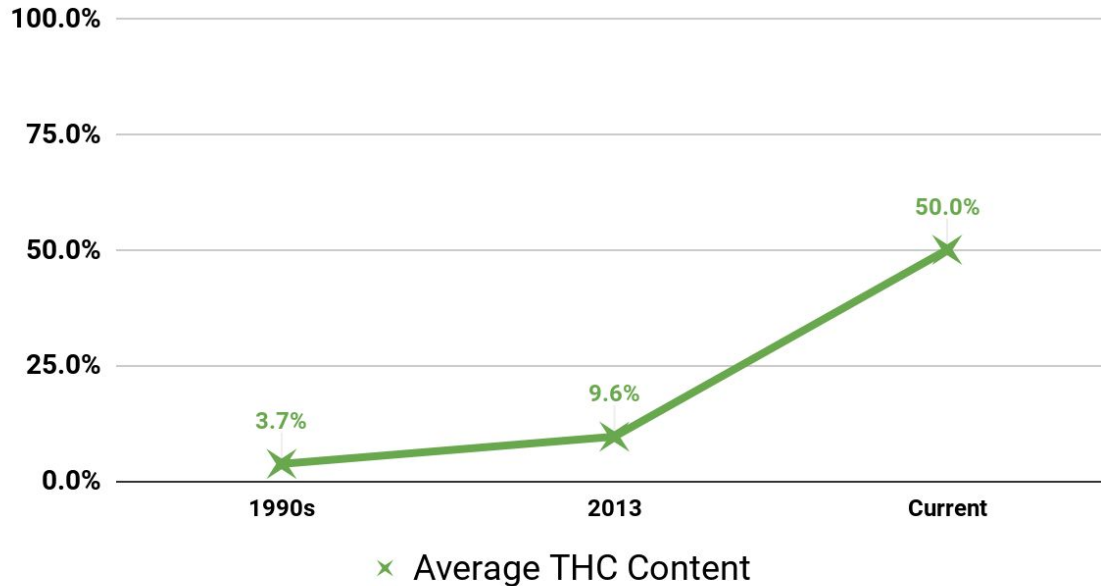
MARIJUANA CONCENTRATES

- **Marijuana concentrates contain extraordinarily high THC levels that can range from 40-80%, compared to traditional (plant-based) cannabis which is about 14-15% THC**
- **Because of its high THC content, possessing even as little as one drop of marijuana concentrate constitutes a FELONY in accordance with Florida law**



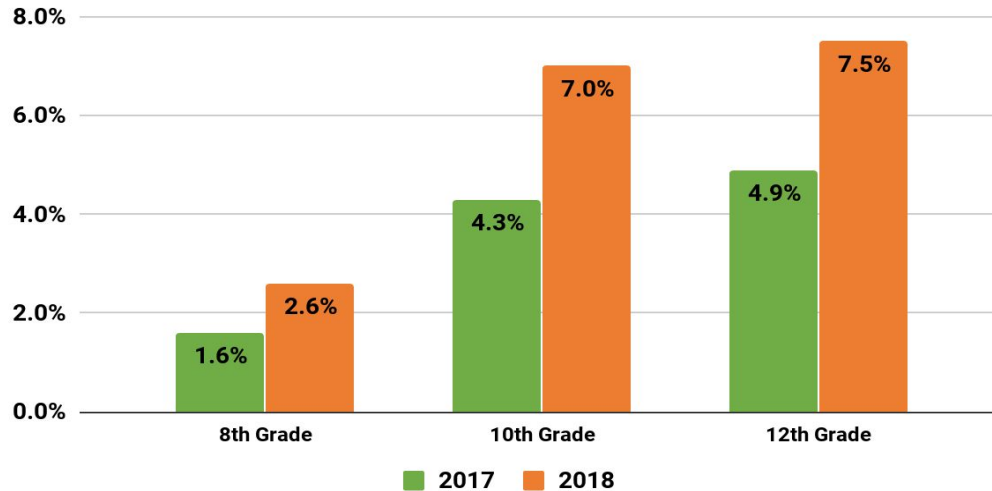
INCREASE IN THC CONTENT

Increase in THC Content



MARIJUANA VAPING

Reported Past 30-Day Use of Marijuana Vaping



Factors that make vaping so attractive to youth include its novelty and the easy concealability of the latest vaping devices, which better allows youth to vape without adults knowing about it.

GETTING HELP



GETTING HELP

- There are currently no FDA-approved nicotine cessation products for e-cigarette users under 18
- Medical experts say there is an urgent need for research on therapies to treat kids who are addicted to nicotine
- Anyone who believes they need help to quit nicotine should consult a medical professional

**Digital resources for quitting e-cigarettes:
This is Quitting by Truth Initiative**

**Text "QUIT" to
(202) 804-9884**

Smokefree Teen by National Cancer Institute

CONTACT

- **Mary Lynn Rodriguez, LMHC, NCC, Coordinator, School Counseling Services**
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- **Sara Thompson, Prevention Specialist**
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- **Kathy Wynne, Prevention Specialist**
KathleenKWy@leeschools.net
337-8218

QUESTIONS



THC Concentrates

Did You Know?

- Possessing THC concentrate is a felony.
- THC is the primary agent responsible for creating the 'high' associated with marijuana use; it is a mind-altering chemical.
- People use THC concentrates by smoking, eating, drinking, or inhaling it.
- Smoking and vaping THC-rich extracts from the marijuana plant (a practice called dabbing) is on the rise.
- THC overactivates certain brain cell receptors, resulting in effects such as:
 - altered senses
 - changes in mood
 - impaired body movement
 - difficulty with thinking and problem-solving
 - impaired memory and learning
 - anxiety
 - paranoia
 - in rare cases, extreme psychotic reactions
- THC use can have a wide range of health effects, including:
 - increased heart rate
 - intense nausea and vomiting
 - hallucinations and paranoia
 - breathing problems
 - possible harm to a fetus's brain in pregnant women

Adapted from:

<https://www.drugabuse.gov/publications/drugfacts/marijuana#mjextracts>

Slang THC Terminology

- BHO

- Dab
- Honey Oil
- Erri
- Budder
- Crumble
- Shatter
- Wax
- 710 (OIL upside down)



Prevention Department Initiatives

- Development and implementation of educational prevention presentations for parents and students to be delivered by school counselors, teachers, social workers, and other staff within the SDLC

The presentation series includes:

- Presentation guides
- Informational flyers
- Statistical blurbs for school news shows
- Activities
- Handouts
- Exit surveys
- Student pre- and post-tests

Topics include:

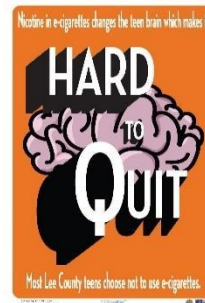
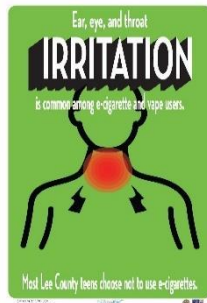
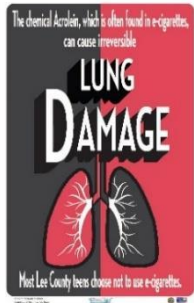
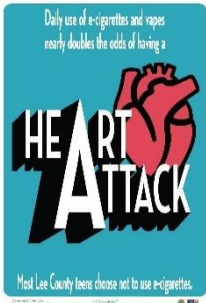
- Bully Prevention
- Tobacco and Vaping
- Opioids and Heroin
- Marijuana
- Social Media Awareness
- Alcohol

- Monthly evening parent prevention presentations are given in each school zone
- Management of the Norm Project, an initiative that seeks to correct misperceptions about teen alcohol, tobacco, and drug use
 - Middle and high school students enter this contest by designing a poster with a social norming message, such as “Most Lee County students choose not to vape”
 - Winning poster designs are printed and sent to all middle and high schools each quarter for display
 - Some designs are used as school bus magnets or bi-pocket folders for middle and high school health students
- Management of the Talk15 marketing campaign that seeks to educate parents on teen alcohol, tobacco, and drug use
 - Create and disseminate TALK15 brochures and marketing materials at community events
 - TALK15 bus wraps are on three Lee Tran buses traveling in all three school zones

- A professionally developed TALK15 Public Service Announcement is played in the following Lee County theaters at select times during the year:

- AMC Merchants Crossing
- Regal Gulf Coast
- Regal Bell Tower
- Regal Coconut Point

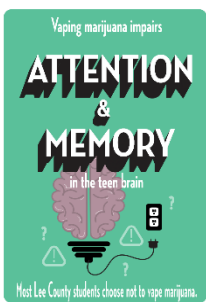
- Vaping education posters were designed by a Cape Coral Technical College student and have been distributed to all middle and high schools



- Vaping education infographic has been sent to schools



- Vaping THC/marijuana education posters were designed by a Cape Coral Technical College student and will be distributed to all middle and high schools for the 2019-20 school year



- Restorative Practices training
- Peer Mediation training
- Support and training of the District-approved SecondStep social-emotional learning curriculum