



January 2019

Dear Sanilac County Parents and Guardians,

In 2018, the Center for Tobacco Products reported that vaping among high school aged students has increased by 78%. Additionally, the Center for Disease Control has stated that nearly 1 out of every 6 high school students have used electronic vaping products within the last 30 days, which makes “vapes” the most commonly used tobacco product among both middle and high school aged students. The use and abuse of vaporizing products by our youth is a growing concern of health care professionals around the country. At the school level, we can tell you that disciplinary infractions related to “vaping” are climbing drastically. Our county educational leaders want to make sure parents and guardians are aware of what these products are and the dangers they pose to our students and your children.

“Vaping” is the act of inhaling a vapor produced by an electronic vaporizer or e-cigarette. The vapors emitted from the vape device are NOT harmless water vapors, as is commonly thought among teenagers; rather, the vapors expose the user’s lungs to harmful chemicals and toxic metal particles. Many of the vaporizers being used contain nicotine (even those claiming to be “nicotine-free”), a highly addictive, cardiovascular stimulant, poisonous in its concentrated form. Vaping delivers this nicotine to the brain in as little as 10 seconds, which, over time, can have drastic irreversible effects (i.e. increased impulsivity and mood disorders) on a teen’s brain that is still in the developmental stages and is more susceptible to nicotine addiction. The vaporized liquids come in many different flavors and scents. Several of the flavorings of vape juice have been linked to “popcorn lung,” an irreversible condition causing scarring and obstruction of the lungs’ smallest airways, which prevents the absorption of oxygen and the exchange of carbon dioxide. Several vape juices contain numerous carcinogens, which are cancer causing chemicals.

Some common signs parents/guardians can look for to detect the use of vapes are:

- A sudden, unexplainable, strong smell of fruit, candy, and/or mints
- Possession of strange pen-like or USB flash-drive like devices, or other objects that may need to be charged
- Excessive dry mouth/dry skin and increasing nosebleeds
- Many vaporizers are odorless, colorless, and dissipate quickly after exhaling which makes them easier to conceal

Below is a picture of a few common devices teenagers are using (many others exist):



Again, school administrators around Sanilac County and throughout the U.S. are seeing a startling increase in the number of disciplinary situations involving “vapes.” Students need to understand that vaping infractions may lead to school suspensions and loss of extracurricular opportunities, including athletics. We are asking our Sanilac County parents/guardians to assist us in steering our students/children away from these harmful chemicals. Please have a conversation with your children about vaping and share with them your parental expectations.

Thank you for partnering with us regarding your child’s education, health, and overall wellness.

Sincerely,

Brad Hale
Brown City High School Principal

James Stewart
Carsonville-Port Sanilac Supt./Principal

Kyle Wood
Croswell-Lexington High School Principal

Matthew Connelly
Deckerville High School Principal

Garnett Kohler
Marlette High School Principal

Bill Kerr
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Steve Carlson
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James Johnson
Sanilac County Drug Task Force Director