

# Chester County Tobacco-Free Coalition

## SMOKE AND VAPE FREE TOOLKIT



The enclosed resources are designed and offered by the Chester County Tobacco-Free Coalition (CCTFC) to assist Chester County middle and high schools in their smoke and vape free efforts.

Contact CCTFC Chair, Lindsay Smith, [lsmith@chesco.org](mailto:lsmith@chesco.org) or 610-344-5209 for more information about our services.

*Chester County*  
TOBACCO-FREE COALITION

COMMUNITIES EMPOWERING  
YOUTH & ADULTS TO LIVE NICOTINE FREE

# 2017 Chester County Vaping Results Pennsylvania Youth Survey (PAYS)

The Pennsylvania Youth Survey (PAYS) is an anonymous behavioral survey developed by the PA Commission on Crime and Delinquency, PA Department of Drug and Alcohol Programs, and the PA Department of Education. The PAYS help schools and their community partners, like the Chester County Tobacco-Free Coalition (CCTFC), identify specific areas of need.

Students in grades 6, 8, 10, and 12 take the survey every other school year. The most recent PAYS was Fall 2017, and vaping was an identified area of need among Chester County youth.

## Vaping Includes:

Vaping is an emerging method of drug use where a nicotine (or marijuana) laced liquid is heated using a device such as an e-cigarette or a JUUL. The aerosol, or “vapor” produced, contains many toxic chemicals that are inhaled and exhaled. Examples of the toxic chemicals include:

### **NICOTINE**

is the drug found in tobacco products. It slows down the brain. Liquid nicotine is highly addictive and can be vaped.

### **PROPYLENE GLYCOL**

carries flavoring to the mouth and throat. It can be irritating and cause allergic reactions.

### **VEGETABLE GLYCERIN**

creates the thick large clouds you see when someone vapes. It causes product buildup in the vape pen.

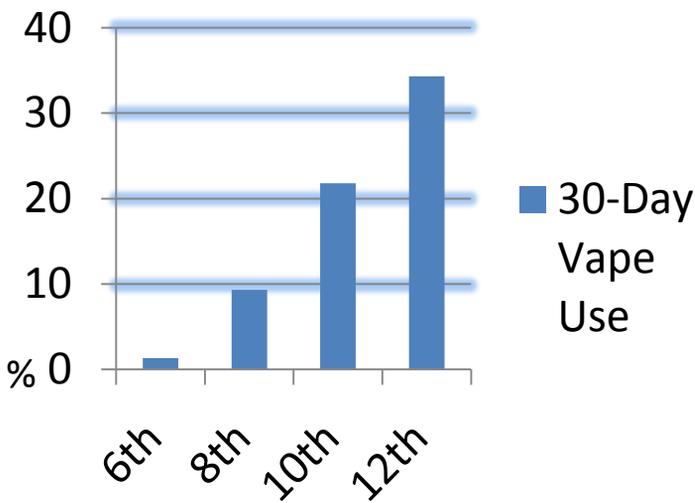
### **FLAVORING**

in vape products are made from a variety of chemicals. There are 7,000+ flavors, which attract youth to start vaping.

# 2017 Chester County Vaping Results

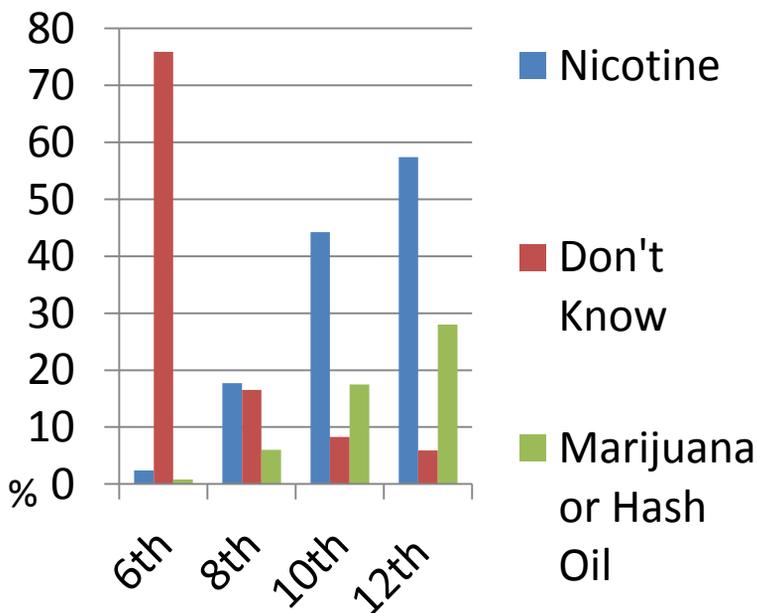
## Pennsylvania Youth Survey (PAYS)

Vaping is the second most abused substance among middle and high school students in Chester County, behind alcohol consumption. The 2017 PAYS shows a significant increase in vaping from 2015; including an 8% increase in vaping among Chester County seniors, and a 5.6% increase among sophomores.



### Survey Question:

How frequently have you used an electronic vapor product such as e-cigarettes, e-cigars, e-pipes, vape pens, e-hookahs, or hookah pens during the past 30 days?



### Survey Question:

If you used an electronic vapor product such as e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, or hookah pens during the past 12 months, with which substances did you use it? (Mark all that apply)

# PRODUCT REVIEW

Just like any drug, there are multiple names for these products.

Vapes, vaporizers, vape pens, JUUL, hookah pens, e-pens, e-pipes, and e-cigs are just some of the products that can be vaped.



JUUL

The JUUL (pronounced “jewel”) is a high-end vape product easily found in Chester County. Using this vape is called “JUULing”.

This vape looks like a flash drive, can be charged on a laptop, and houses nearly **50mg of nicotine in only one cartridge**; which is about the same amount of nicotine in one pack of cigarettes. Just like other vapes, the JUUL comes in multiple flavor options.



# CHESTER COUNTY SMOKE AND VAPE PREVENTION RESOURCES

The legal age to purchase nicotine products in Pennsylvania is 18 years. Delaying nicotine initiation among youth is vital, as the majority of smokers/vapers become addicted to nicotine during early adolescence. Vaping (e-cigs, JUUL, hookah pens, etc.) is a highly abused substance by Chester County teens. (Chester County PAYS, 2017)

## Presentations

Prevention programs are customized for your specific school and community needs. The topic of vaping can easily be included in any existing ATOD curriculum.

### Programming is available for:

- Students
- School Administration
- Faculty Meetings/In-service
- Nurses
- Parent Meetings like PTO, Town Hall events, back-to-school night

## Prevention Specialists

- **Caron Treatment Centers**  
Project Connect 8-week in-school program for at-risk students.  
Register your school: 610-659-9109  
[Smorresi@caron.org](mailto:Smorresi@caron.org)
- **Chester County Department of Drug and Alcohol Services**  
[kgenthert@chesco.org](mailto:kgenthert@chesco.org)  
610-344-6767
- **Chester County Health Department**  
[lcsmith@chesco.org](mailto:lcsmith@chesco.org)  
610-344-5209
- **Holcomb Behavioral Health Systems**  
484-444-0412



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Chester County Tobacco-Free Coalition (CCTFC) members are available to staff informative health fair tables or present in a school setting on a variety of prevention topics. We are a free community resource.

# CHESTER COUNTY SMOKE AND VAPE CESSATION RESOURCES

Cessation is most successful for those utilizing combination therapies. For example, using nicotine replacement therapy, or NRT (the patch, gum, lozenge, etc.) AND registering for a cessation class at one of Chester County's free locations would be a combination that yields success.

## ChesPenn Health Services

744 East Lincoln Highway, 1<sup>st</sup> Fl.  
Coatesville, PA 19320  
Your Community Health Center  
Register: 484-784-4260

## Community Volunteers in Medicine (CVIM)

300 B Lawrence Drive  
West Chester, PA 19380  
Free medical & dental clinic for patients  
without insurance. Register: 610-836-5990

## Nicotine Anonymous

825 Paoli Pike  
West Chester, PA 19380  
Open meeting at Crossroads Recovery  
on Thursdays 7:00-8:00pm

## Chester County Hospital Penn Medicine

Community Wellness Classroom  
600 East Marshall Street, Ste. 302  
West Chester, PA 19380  
Register: 610-738-2300

## Main Line Health

Locations include Paoli Hospital,  
Lankenau Medical Center, Riddle Hospital  
and Bryn Mawr Hospital  
Register: 484-227-FREE

## Phoenixville Hospital Tower Health

140 Nutt Road  
Phoenixville, PA 19460  
Register: 610-983-1021

## PA Quit Line

1-800-QUIT-NOW (784-8669)  
1-800-DEJELO-YA (335-3569)  
for phone based quit coaching and NRT. The PA  
Free Quit Line is a free, evidence-based  
cessation service available to all Pennsylvanians.

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# Updating Your School's POLICY

## How to add vaping to your existing ATOD policy.

Because we recognize the hazards caused by exposure to environmental tobacco smoke and vape, as well as the life-threatening diseases linked to the use of all forms of nicotine addiction, it shall be the policy of (SCHOOL DISTRICT), effective (DATE), to provide a nicotine-free environment for all students, staff, and visitors. This policy includes the smoking or vaping of any tobacco/nicotine products and the use of oral tobacco/nicotine products, and it applies to students, employees, and non-employee visitors of (SCHOOL DISTRICT).

### DEFINITION

- For the purposes of this policy, tobacco shall be defined as any product containing nicotine; lighted or unlighted smoking products, vaping products or oral products.
- Tobacco shall be defined as use AND/OR possession of any smoking, vaping or oral nicotine product, included, but not limited to cigarettes, cigars, vape pens, JUUL, hookah pens, pipes, chew, spit, etc.

### PUPILS

- Incidents of possession, use AND/OR sale of tobacco in violation of this policy by any students on any school property or associated property will result in (INSERT DISCIPLINARY ACTION BASED ON 1<sup>ST</sup>, 2<sup>ND</sup> AND 3<sup>RD</sup> OFFENSE).

### EMPLOYEES

- There shall be no tobacco permitted on the property or in the vehicles of (SCHOOL DISTRICT). This policy applies to the employees and any other persons utilizing (SCHOOL DISTRICT) property, vehicles, or equipment.

### COMMUNITY/VISITORS/VOLUNTEERS

- (SCHOOL DISTRICT) prohibits tobacco use by any persons in its school buildings and on any property, buses, vans, and vehicles that are owned, leased or controlled by the school districts, including field trips, sporting events, etc.



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The information above provides sample verbiage to enhance your existing ATOD policy by officially prohibiting the possession, use and sales of vape products on school property.

# How to Create a Supportive School Environment



## Great American Smokeout

**Thursday, November 15, 2018**

The Great American Smokeout is a national quit day. Provide onsite cessation resources, and/or engage your students in supporting family members that would like to quit.

- [Helping a Smoker Quit](#)
- [Benefits of Quitting Smoking](#)

## Kick Butts Day

**Wednesday, March 20, 2019**

Kick Butts Day empowers youth to stand up to Big Tobacco. Encourage your middle school students (grades 6-8) to enter the Chester County Tobacco-Free Coalition's annual Kick Butts Day Meme Contest. Prizes are given to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.

E-mail for more info: [lcsmith@chesco.org](mailto:lcsmith@chesco.org)

## Earth Day

**Monday, April 22, 2019**

Take it outside! Organize a classroom walk for students to pick up cigarette butts. Enroll your school in Young Lungs at Play (YLAP) to recognize that play areas should be smoke and vape free, ensuring quality air for all children.

- [Young Lungs at Play \(YLAP\)](#)
- [Earth Day Quiz](#)

## World No Tobacco Day

**Friday, May 31, 2019**

World No Tobacco Day is a day of policy reform, focusing on the link between tobacco use and the increased risk for diseases like heart attack and stroke. Join in by taking a field trip to Harrisburg to meet with legislators, or have students spread the word through designing a social media campaign.

- [World No Tobacco Day Poster](#)
- [Social Media Materials](#)

# ADDITIONAL RESOURCES

[Campaign for Tobacco-Free Kids](#)



[It's Not Just Water](#)



[CDC: Centers for Disease Control and Prevention](#)



[Smoke Free Teen](#)

