



Folsom Cordova  
UNIFIED SCHOOL DISTRICT

# Resource Guide

For adults supporting youth  
to be tobacco, vape, and  
marijuana-free

*Fall 2023*

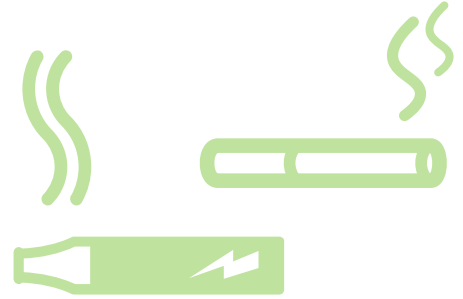


This guide was made possible as part of FCUSD's Tobacco Use Prevention Education (TUPE) grant award, through the California Department of Education, funded by Proposition 99 and 56 Tobacco tax funds.

# Risks & Health Effects

## Nicotine / Vaping

- E-cigarettes or “vapes” are not just harmless water vapor. Chemicals found in tobacco products, including vapes, can lead to many types of cancers, birth defects, and other reproductive harm.[\(source\)](#) Learn more at [Protecting Young People from E-cigarettes \(cdc.gov\)](#)
- Nicotine rewires a young person’s brain, causing anxiety, mood swings, and irritability. [Click here to learn more](#)
- Smoking reduces lung function, impedes lung growth, and causes permanent lung damage. [\(source\)](#)
- Secondhand smoke can cause the same health risks as firsthand smoke. Research on risks of secondhand vape continues to emerge with ongoing use of these products. [Click here to learn more.](#)



# 3.5X

Young e-cigarette users are **3.5X more likely to use marijuana** than their peers who don't use e-cigarettes.<sup>5</sup>



The brain is not fully developed until the mid-20's, so nicotine and marijuana have more significant effects on a teen's brain.

## Marijuana

- Smoking/vaping marijuana can lead to breathing problems similar to smoking cigarettes, including coughing, wheezing, and trouble with physical activity [\(source\)](#)
- Accidental poisoning due to high THC levels associated with cannabis concentrates (wax/dabbing) and over consumption of edibles that have a slower absorption rate. [\(source\)](#)
- Marijuana use is associated with the development of schizophrenia and other psychoses (loss of reality) and the risk is highest for the most frequent users. [\(source\)](#)
- Long-term use can lead to Cannabis Use Disorder, a recognized substance use disorder [\(click here for more information\)](#).
- [Find out more about the risks and signs related to marijuana use here](#)

# Signs of Use

## Signs of Nicotine Vaping

- Making excuses to go outside or to the bathroom during family gatherings
- Noticing a sweet smell in their room or on their clothes
- Exhibiting increased thirst, dry mouth, nose bleeds or dry coughing
- Concealing colorful plastic caps, small electrical devices, and charging cords
- Heightened caffeine sensitivity

## Signs of Addiction

- Feeling anxious or irritable when they can't vape
- Difficulty focusing on activities due to vaping cravings
- Continuing to vape after getting in trouble with parents or school
- Attempts to stop unsuccessful ([source](#))

## Symptoms of Withdrawal

- Feeling irritable, restless, anxious, or tired
- Headaches
- Increased sweating
- Having intense cravings ([source](#))

[Click here](#) to read more about nicotine addiction, withdrawal symptoms, and managing withdrawal.

Vapes come in a wide range of devices for both nicotine and marijuana. Devices can be disposable, refillable, disguised (hoodies/backpacks), made to look like common household items.



Popular brands include Puff bar, Suorin Drop, CBD FX

**Today's marijuana is more potent.**

THC potency in 1990s:

**< 4%**

THC potency in today's vape pens:

**40 - 80%**

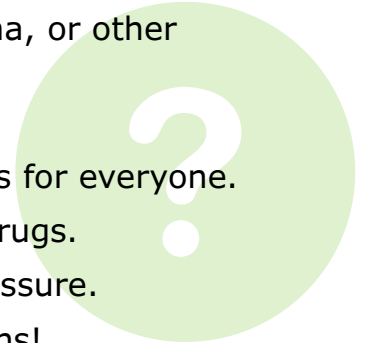
## Signs of Marijuana Vaping

- Bloodshot eyes
- Dry mouth and thirst; increased appetite
- Shift in behavior and mood
- Change in friends
- Decrease in activities that were once enjoyed

# Preventing Use

## What Can You Do?

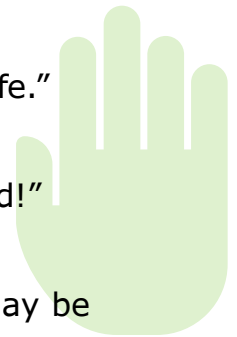
- Be clear that you don't want your child using tobacco, marijuana, or other drugs.
- Set an example – model healthy choices.
- Make your home and car tobacco/cannabis (smoke-free) spaces for everyone.
- Talk to your kids about the risks nicotine, cannabis and other drugs.
- [Support your child's resilience](#) to reduce the effects of peer pressure.
  - [Take this quiz](#) with your child to find their resiliency strengths!



## Refusal Skills

Help youth navigate peer pressure by helping them plan ahead. Practice refusal skills with your family by role playing different situations and possible ways to handle them.

- Say "No thanks!"
- Give a reason, fact, or excuse. "My parents would ground me for life."
- Walk away.
- Change the subject. Offer another activity: "Let's play Xbox instead!"
- Use Humor. "I need all the brain cells I can get. No thanks!"
- Use common sense to help avoid situations where peer pressure may be present.

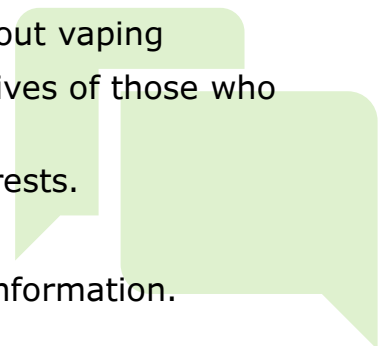


See more skills at <https://www.poehealth.org>

## Having Conversations with Your Teen

- Talk in a way that doesn't make child fear punishment or judgement.
- Show that you value their opinions and ideas.
- Ask what they think teens find appealing –or unappealing about vaping
- Explore/discuss how much vaping might take over the daily lives of those who start vaping.
- Encourage student to get involved in activities. Discover interests.
- Discuss ways to respond to peer pressure

[Click here to view The Marijuana Talk Kit](#), full of helpful tips and information.



# What to Do if Your Child is Using

## What Can You Do?

- Establish clear rules and consequences
- Be prepared to be called a hypocrite
- Gather evidence
- Expect anger and commit to remaining calm
- Set realistic goals for initial conversation
- Get on the same page with other adults in your child's life
- Recognize addiction in the family



Adapted from [drugfree.org](https://www.drugfree.org), follow link for more information

## Be Prepared for Excuses

Misinformation about vaping is rampant in online platforms; be prepared to respond to some common excuses:



**Kid: It's not mine.**

**Adult:** I hope it's not yours, but I get that you might be tempted to try vaping. **I'm worried because vaping can be addictive** and can change the way your brain works. It's not that I don't trust you, but you should **know that I'm paying attention**.

**Kid: Vaping is safer than smoking.**

**Adult:** There's actually **nothing safe about vaping**. It's not water vapor like some people think. The vapor is actually aerosol that contains metals, particulates, and toxic chemicals.

See more examples at [FlavorsHookKids.org](https://www.FlavorsHookKids.org)

[Learn more about vaping and how to talk to your children here!](#)

## Help Your Child Make a Quit Plan

There are several resources available on the Resource page to help your student quit vaping or tobacco. A starting point is to make a quit plan as a roadmap to quitting.

[An interactive 5-step Quit Plan is available here.](#)





# Resources

## Folsom Cordova USD School Policy

FCUSD has a 100% Tobacco-Free School Policy prohibiting the use of all tobacco products (including vape) or any products containing tobacco or nicotine on district property. This policy applies to all parents, employees, students, visitors, and all other persons. [Click here to view the policy.](#)

## Cessation Resources

### Adults

- [Kick It California](#) offers app-based support
- No Vape app-based support ([Android App](#) or [Apple App](#))
- [American Lung Association](#) or 1-800-LUNG-USA
- [American Cancer Society](#) or 1-800-277-2345
- [Become an Ex | My Ex Plan](#)

### Teens (Apps/Text/Quitline for ages 13+)

- [SmokeFreeTeen](#)
- **SmokeFree TXT** | Text QUIT to IQUIT(47848)
- [This Is Quitting](#)
- **QuitSTART App** | Free download on [iTunes](#) and [GooglePlay](#)
- [Quit Vaping](#)

## Mental Health and/or Substance Use Resources

### Care Solace

The Care Solace team will confidentially help FCUSD families and staff experiencing mental health and/or substance use challenges to connect with supports in the community.

For more information on this resource and access: <https://www.fcusd.org/Page/44500>

### Sacramento County Behavioral Health Services

Sacramento County provides resources to an array of Medi-Cal programs and services, including assessments, case management, crisis intervention, medication support, peer support and other rehabilitative services. For more information: <https://dhs.saccounty.gov/BHS/Pages/BHS-Home.aspx>

## FCUSD Tobacco/Vaping Prevention Education Programs

[Click this link to see all of the prevention education](#)