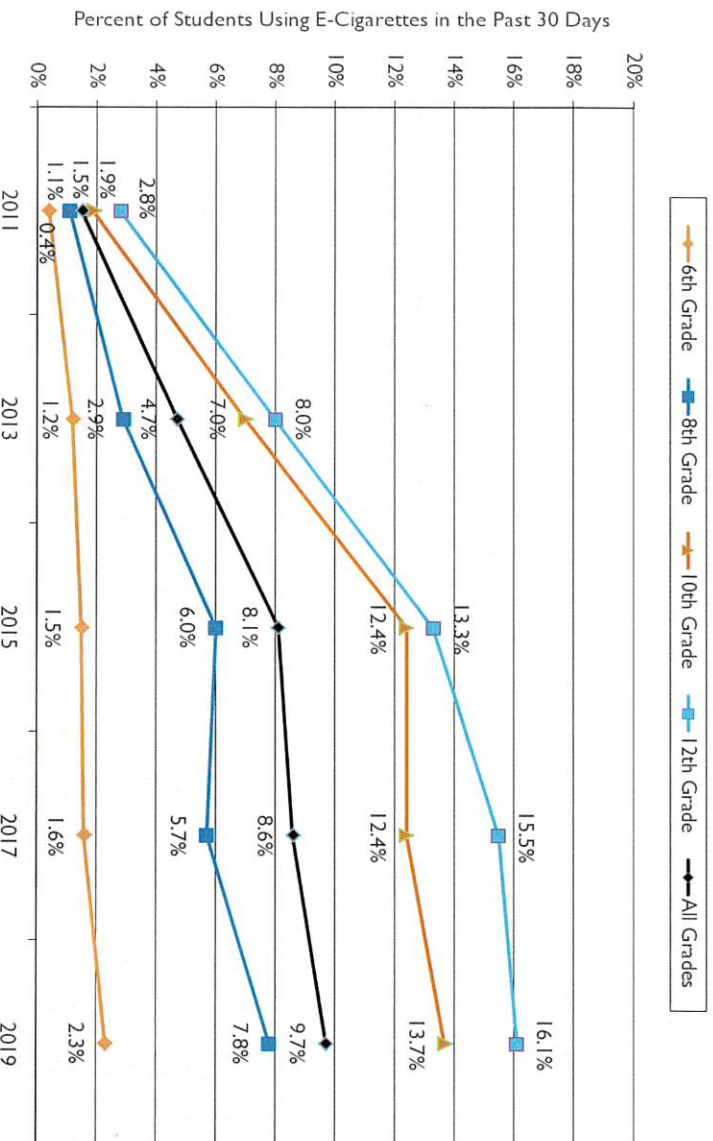


Vaping and E-Cigarettes

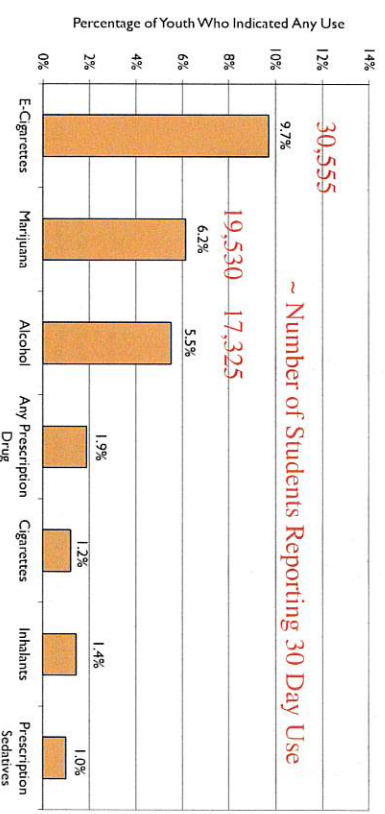
Youth 30 Day E-Cigarette Use Trends in Utah by Grade (2011-2019)



Part I – Establish clearer, consistent policies for vaping on school property

- Clarify definitions for vaping devices, nicotine delivery systems.
- LEAs will adopt policies for confiscating and destroying E-cigarettes, vaping devices and products.
- Schools will continue to turn devices over to law enforcement if there is a suspicion of controlled substances.
- Utah State Board of Education will establish a library of recommended best practices for cessation interventions.

Substances with the Highest 30 Day Youth Use Rates in Utah: Grades 6, 8, 10 and 12 Combined (2019)



Why Do Student's Vape?

- Popular thing to do – role models glamorize vaping
- Peer Pressure
- Stress Reliever – Anxiety, depression, lack of meaningful relationships.
- Don't know or believe the consequences.
- Parents don't know it is wrong.

Part II- Student awareness and education

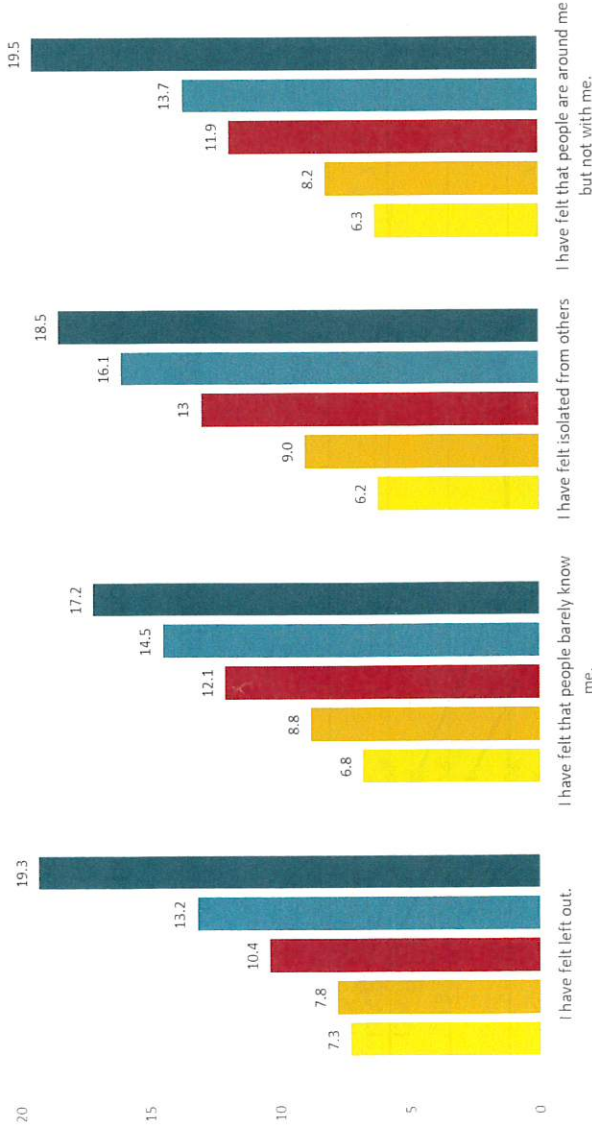
- Add information about the harmful effects of e-cigarettes and vaping to the health curriculum for all grades beginning in second grade.
- Add vaping and e-cigarettes to the school-based specialty prevention curriculum that is used once in middle school and once in high school. Add an elementary (once in fourth or fifth grade) component.

30 Day E-Cigarette/Vape Use by Social Isolation Items

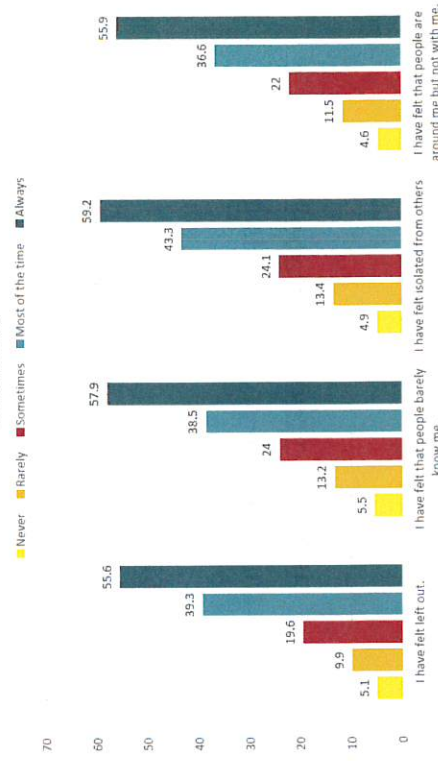
Of students indicating various degrees of social isolation (in the past 7 days), the percent indicating any use of e-cigarettes in the past 30 days.

■ Never ■ Rarely ■ Sometimes ■ Most of the time ■ Always

25



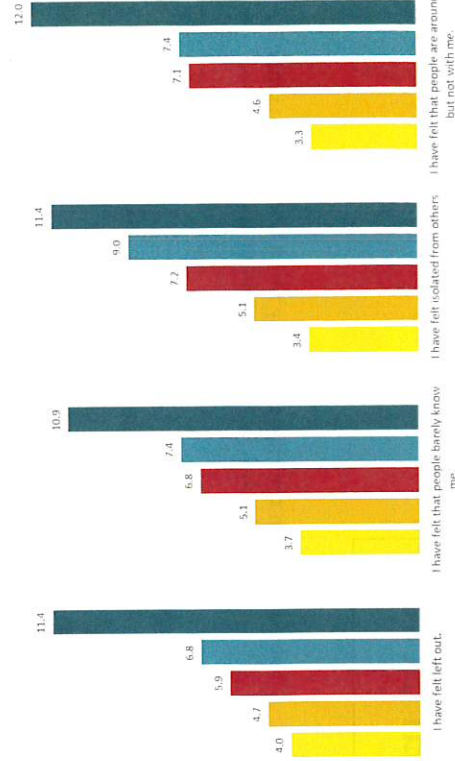
Suicide Consideration by Social Isolation Items
Of students indicating various degrees of social isolation, the percent indicating considering suicide in the past year. (For example, of students indicating they "Never" have left out, 5% indicated pas



30 Day Alcohol Use by Social Isolation Items
Of students indicating various degrees of social isolation (in the past 7 days), the percent indicating any use of alcohol in the past 30 days.

■ Never ■ Rarely ■ Sometimes ■ Most of the time ■ Always

14



Students who reported feeling socially isolated were:

- 3 times more likely to have vaped in the last 30 days,
- 4 times as likely to have used alcohol and
- 10 times as likely to have had suicidal thoughts.

Part III - Prevention

- Each school will create a plan to address the causes of student use of tobacco, alcohol, electronic cigarette products, and other controlled substances through promoting positive behaviors such as: pro-social interventions, opportunities to help students feel included and increase connectiveness. This plan could include clubs, programs, pro-social opportunities, service opportunities, etc. The plan would be created by the school under the direction of the principal with the help of students and with input from the School Community Council.
- A specialist or specialists at each school would administer the program and be paid a \$3,000 stipend. An additional \$1,000 would be provided to administer the plan.
- Local School Boards approve each school's plan, monitor progress, review annually and insure to the State Board that each school has a plan.