

Clear the Air

**The real-world truth about teens and vaping
and how SOHI (and KPBSD) are responding**

Why this topic? Why now?

Incidents of students using vapes on campus have skyrocketed in the past three years.

- Daily struggle at SOHI and other area schools
 - Conversations with kids about this topic are revealing disturbing trends
 - Accessibility
 - Frequency
 - Duration of habitual use
 - Lack of knowledge
 - Admissions of addiction
 - Gateway behaviors
-

Things teens tell me when they first get caught:

- I was just holding it for my friend.
- I don't even know how it got in my pocket/backpack/locker.
- This is the first time I've ever vaped and I just happened to get caught.
- I didn't know what it was.

Things teens have told me when we move past the initial shock of getting caught:

- “90% of my friends vape, but I can't really think of anyone who doesn't.”
- “I vaped for the first time in third grade. I started doing it daily before I got to Skyview.”
- “I wish I could make it through the day without hitting my vape, but I barely make it through a class without it. Sometimes I *don't* make it.”
- “It's the first thing I do in the morning and the last thing I do at night. I can't function without it.”

Let's talk numbers...

Since this school year began, we have had 40 school days.

- 4 Halo Detector alerts of THC vapes
- 146 Halo Detector alerts of nicotine vapes

Let's look a little closer:

- 16% of vape alerts occur in girls' restrooms
- 84% of vape alerts occur in boys' restrooms

Please remember:

Not every detector alert results in finding a vape.

Necessity breeds innovation–

- Hiding devices
- Sharing devices
- Selling used/stolen devices
- Selling “by the puff”

Listen to the kids...



The Need By the Numbers – what the Surgeon General has called a youth e-cigarette epidemic

Nearly

8,000

kids start vaping
every day

1 in 4

teens use
e-cigarettes

Youth who use
e-cigarettes are:

4X more likely
to try a cigarette

3X more likely
to become
frequent smokers



5.4 million

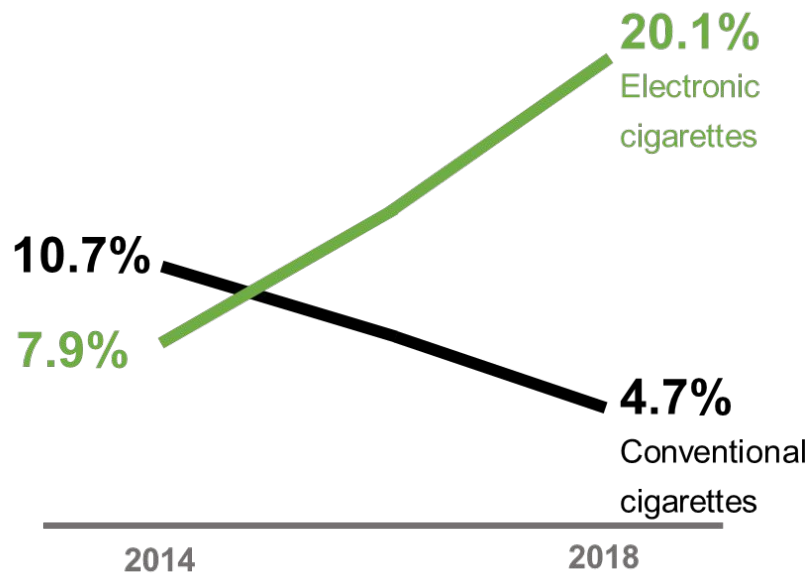
kids use e-cigarettes

135%

increase in the use
of e-cigarettes by teens
in the last two years

E-cigarette Epidemic in Alaska

From 2014 to 2018, there was a **154% increase** in e-cigarette use.



1 in 4



Alaska high schoolers use e-cigarettes.
(AK YRBS 2019)

76%

of high schoolers, Nationally, said it is easy to get tobacco products.

National data from 2018 Youth Tobacco Survey

What has SOHI done to address this issue?

- In 2022, we installed HALO Vape Detectors in student restrooms on campus. These devices function much like a smoke detector, but are instead calibrated to detect and analyze vapor in the air.
 - Accurate detection of nicotine vapes
 - Alerts to THC vapor separately
- Revisions to the Student Handbook to address this issue in a more comprehensive manner.
 - Consequences as well as support to help kids quit
- Four separate testimonial addresses to the Alaska State Legislature with data regarding on-campus use of these devices and the health/wellness piece observed here at SOHI

WE NEED YOUR HELP!



**Parent Ed
Nights:**

**Clear the Air
10/11/23**

PARENTS, BRING YOUR 7TH-12TH GRADE STUDENTS to get some helpful information on the disturbing trend of teens and vaping. This event is FREE TO ATTEND and we welcome all parents from the Soldotna High School feeder pattern to attend! (Soldotna Elementary, Redoubt Elementary, Sterling Elementary, Soldotna Montessori, KBeach Elementary, Tustumena Elementary, Skyview Middle, and SOHI). No need to RSVP!

OCTOBER 11, 2023 @ 6:00PM
SOLDOTNA HIGH SCHOOL

FREE CHILD CARE!
for kids 6th grade and below

Presentation by SOHI
and Community Partners
with Q&A session to follow

FREE FOOD!
DOOR PRIZES!



- A forward-thinking alternative to suspension and educational intervention for tobacco use, including e-cigarettes, INDEPTH addresses the teen vaping epidemic in a more supportive way.
- This interactive program teaches students about nicotine dependence, establishing healthy alternatives and making the change to be free of all tobacco products, including e-cigarettes.



- Evidence-based **voluntary youth cessation** program.
- Voluntary for youth who are ready to begin their quit journey
- Open to youth who use any type of tobacco (including cigarettes, e-cigarettes or smokeless)
- Small groups, 10 sessions to teach alternative skills to deal with stress, boredom, anxiety, anger etc.
- Teaches how to say no/set boundaries





Online program
for parents/caregivers
and other adults
concerned with vaping

Texting program
for teens ages 13-17

Thank you to our community partners:



Time for Q&A