

Press Release

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FOR IMMEDIATE RELEASE

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### **SAFE Glen Cove Coalition: GCPD Educates Parents About Vaping**

Detective Edward Lineras presented to Glen Cove community parents enrolled in SAFE's bi-lingual Life Skills Training (LST) Parent program regarding COVID-19 and its effects on youth- particularly adolescents and e-cigarette (vape) use. The LST program provides parents with the tools and knowledge to be effective, and to learn practical approaches that come with the challenges of raising children and is designed to help strengthen parent communication with their children to prevent them from using drugs.

In vaping, a battery powered device called an e-cigarette heats a liquid into a vapor that can be inhaled. The vapor may contain nicotine (the addictive drug in tobacco), flavoring, and other chemicals. E-cigarettes can also be used with marijuana, hash oil, or other substances. Vaping may pose serious and avoidable health risks. Exposure to nicotine during youth can lead to addiction and cause long-term harm to brain development. The vapor can also contain toxins (including ones that cause cancer) and tiny particles that are harmful when breathed in.

According to the 2021 Monitoring the Future Survey of substance use behaviors and related attitudes among 8th, 10th, and 12th graders in the United States, Vaping continues to be the predominant method of nicotine consumption among young people.

- 8th graders: 12.1% reported vaping nicotine in the past year in 2021, compared to 16.6% in 2020
- 10th graders: 19.5% reported vaping nicotine in the past year in 2021, compared to 30.7% in 2020
- 12th graders: 26.6% reported vaping nicotine in the past year in 2021, compared to 34.5% in 2020

Additionally, recent needs assessments of Glen Cove youth indicate vaping is the second-most popular substance of choice for regular use (alcohol is the first).

Detective Lineras went on to discuss the signs of vaping: Equipment, on-line purchases, scent, increased thirst, nose bleeds, appearance and behavior changes and also encouraged parents to look for opportunities to discuss vaping with their children. Most kids start vaping due to curiosity, the flavors, cloud tricks, wanting to fit in, etc. Over time, vaping can become habitual as it is used to address other needs such as relief from boredom and anxiety. Some kids also become addicted to nicotine and continue vaping to avoid withdrawal symptoms. It helps to understand why your child is vaping by asking questions like: “What do you enjoy about vaping?” or “How does vaping make you feel?” Answers to these questions highlight your child’s needs that can be addressed in a healthier way.

The presentation concluded with questions and answers and some candid disclosures about vaping at home with older siblings. Resources for underage vaping prevention were also furnished.

SAFE, Inc. is the only alcohol and substance abuse prevention, intervention and education agency in the City of Glen Cove. Its Coalition is concerned about vaping and seeks to educate and update the community regarding its negative consequences. To learn more about the SAFE Glen Cove Coalition please follow us on [www.facebook.com/safeglencovecoalition](http://www.facebook.com/safeglencovecoalition) or visit the Vaping Facts and Myths Page of SAFE’s website to learn more about how vaping is detrimental to your health [www.safeglencove.org](http://www.safeglencove.org).