

# PREVENTION CORNER

November 2021 | Vol.1

## Inside this Issue:

- You and Health
- Prevention Talks Series
- Upcoming Events

This issue of our Prevention Newsletter focuses on tobacco use just in time for the Great American Smokeout. In May 2021, the Florida Senate revised the minimum age to purchase tobacco products, including electronic vaping devices, and raised the minimum age for cigarette and e-cigarette sales to 21. Tobacco is a type of drug, which changes the way the body or the mind works. Underage consumption of tobacco has negative effects on the development of a healthy brain and a healthy body.

Most kids know the harmful effects of tobacco use can damage their ability to learn and make healthy decisions, but social pressures can make it difficult as substance use is perceived as cool. Tobacco use is a problem and remains the leading cause of preventable disease in the United States. In addition to cigarettes, e-cigarette use among youth continues to grow rapidly. Most people who use tobacco started this habit as a teenager, never expecting to be a life-time user. However, they fail to realize just how addictive nicotine, the addictive component of tobacco, can be. The brain continues to develop until about age 25. Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.

## Parent Tip

Preventative Talks are a great way to check in with your child! Kids get a lot of information about drugs from social media and other teens. Most of this “street” information emphasizes the exciting aspects of substance use, downplays harmful risks and ignores consequences. Focus family meetings on specific topics and values of importance to the family, such as tobacco use. Open a line of communication with your child and encourage them to share their opinions with you as well.

*e.g.*  
**Avoiding tobacco or deciding to stop using it is one of the most important health decisions you can make.**

- Unknown

## MYTH or FACT

1. Tobacco is not a drug.
2. The amount of nicotine in one JUUL pod is equivalent to that of a traditional pack of cigarettes.
3. Addiction is a medical disease
4. Tobacco is the addictive chemical in nicotine.
5. Nearly 1 in 5 high school students report using e-cigarettes or vaping.



DAVID LAWRENCE  
**CENTERS**  
FOR BEHAVIORAL HEALTH™



# TOBACCO EDUCATION & RESOURCES

We would like to highlight new tobacco education programs offering educational resources and cessation support for free! Live Vape Free provides its users with text support, interactive content, and personalized resources to help aid in quitting tobacco and vaping. The program was designed to help address the vaping epidemic amongst teens and adults who may struggle with a nicotine addiction.



Florida Department of Health is now offering courses for Youth Tobacco and Vaping Infractions developed to inform middle and high school students about the harms of vaping through accurate and age-appropriate content for their grade. These courses have been provided as an alternative to suspension to further educate our youth on tobacco use and keep our kids in school.

**E-cigarette aerosol – aka “vapor” – is NOT harmless “water vapor,” like many youths mistakenly believe. The aerosol that users inhale can contain harmful substances, cancer-causing chemicals and heavy metals like nickel, tin, and lead.**

**MYTH or FACT Answers: 1. False 2. True 3. True 4. False 5. True**

## Upcoming Events

### Parenting Classes:

Parenting Teens: Begins January 2022  
 Parenting Today: Begins January 2022

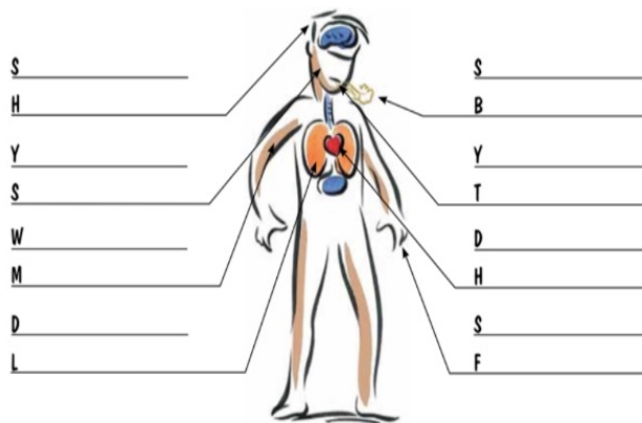
*\*Classes are offered weekly for six consecutive weeks on Zoom.*



## WORD SCRAMBLE

IMEYLS IRAH  
 KYUYC INKS  
 LLSYME AREBHT  
 OLWYLE ETEHT  
 IESNADT ENGFRSI  
 KREEWA SLCSEUM  
 SASEDDEI GUNSL  
 MDAADEG ERATH

WEAKER MUSCLES  
 STAINED FINGERS  
 DISEASED LUNGS  
 YUCKY SKIN  
 DAMAGED HEART  
 YELLOW TEETH  
 SMELLY HAIR  
 SMELLY BREATH



## LOCATION & CONTACT INFO



Horseshoe Drive Location | Prevention Services  
 2806 South Horseshoe Drive, Naples Florida 34104 | 239-263-4013

Parenting Classes: To register - [DavidLawrenceCenter.org/parentingprograms](http://DavidLawrenceCenter.org/parentingprograms)  
 Preventions Talks: [DLCPrevention.org](http://DLCPrevention.org)  
 Stand-Up: [StandUpDLC.org](http://StandUpDLC.org)

