



Addressing Vaping in Vermont Schools

AN EDUCATION TOOLKIT

 VERMONT
DEPARTMENT OF HEALTH

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What is Vaping?

Vaping devices include electronic vapor products (EVPs), such as e-cigarettes, electronic nicotine delivery systems (ENDS), vapes, vape pens, e-cigars, e-hookahs, hookah pens and mods. Some vaping devices look like regular cigarettes, cigars, pipes, USB flash drives, pens or regular everyday items.ⁱ The [CDC's Vaping Products Visual Dictionary](#) is a helpful resource to review.

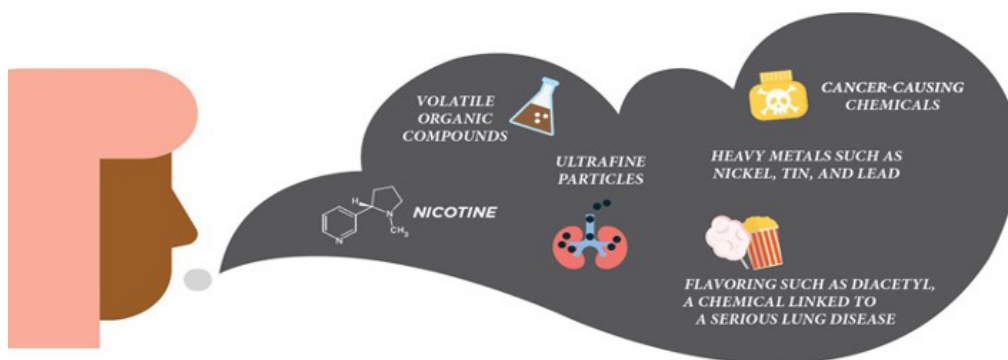


[CDC.gov](#)

Some vape product labels do not disclose that they contain nicotine, and some vape liquids marketed as containing 0% nicotine have been found to contain nicotine.ⁱⁱ No vape is a safe vape.

A vape is a battery-powered device that converts liquid, containing nicotine (either naturally derived or synthetic) and other chemicals, into an aerosol. These devices are also used to deliver non-nicotine substances, such as cannabis, THC extract or honey oil. Vapes have increased in popularity in recent years, with one-quarter (26%) of Vermont high school youth currently vaping in 2019.^{vii}

To date, there is a growing body of evidence indicating that e-cigarettes cause lung inflammation and injury as well as systemic adverse effects in multiple organs.^{iv} The emissions released from these products is not harmless vapor, as many youth believe it to be. In addition to nicotine, the aerosol inhaled and exhaled from these devices can include heavy metals, volatile organic compounds and ultrafine particles.

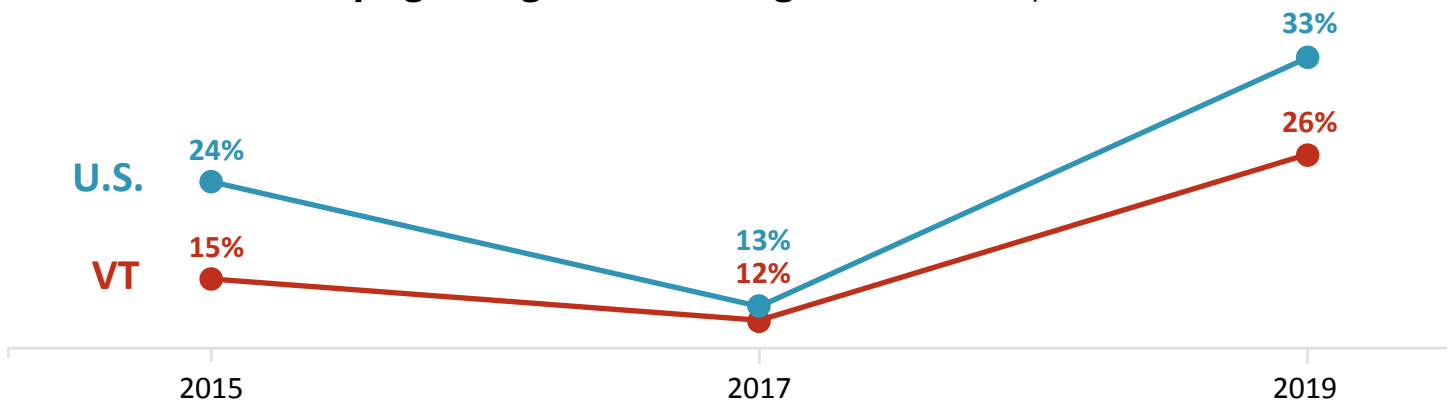


[CDC.gov](#)

The aerosol of marketed brands (such as Vuse and JUUL) have been shown to contain nearly 2,000 unknown and unregulated chemicals.^v

While it appears rates of vaping have stabilized among U.S. youth, vaping prevention and treatment remain a public health priority.^{vi} Even though Vermont high school youth vape at statistically lower rates than the U.S. in 2019, any use of vape products is unsafe for our youth.^{vii} The Vermont Department of Health shares the ongoing concerns of school personnel, parents/guardians and community members in wanting to protect youth from these products, harmful nicotine exposure and the risk of addiction and long-term harm to brain development. For more data on vaping use among Vermont high school youth, please refer to the Vermont Department of Health's August 2022 [data brief](#).

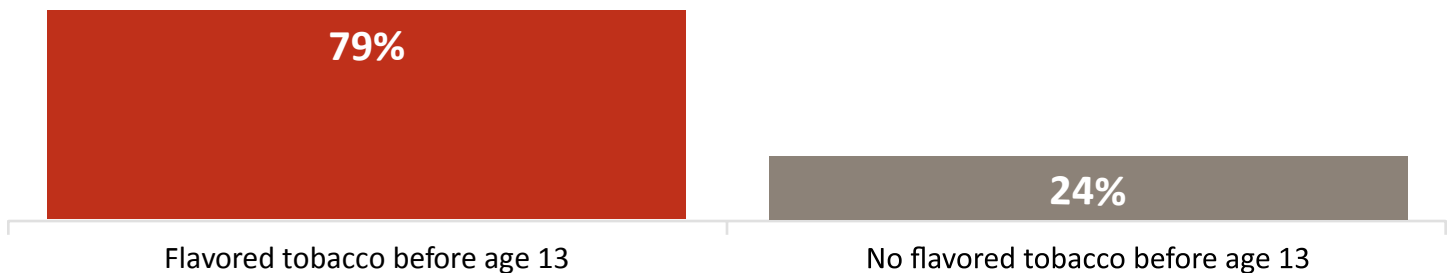
Vaping among VT and U.S. High School Youth, YRBS



Flavors are one of the many ways the tobacco industry targets and entices youth to use their products. In 2022, among U.S. youth who vape, 85% used a flavored e-cigarette.^{vi} In Vermont, nearly 80% of high school youth who tried a flavored tobacco product before age 13 currently vape. This is over three times the rate of those who did not try a flavored product before age 13.^{vii}

There are more than 15,000 flavored e-liquids available on the market today. These flavors often mimic candy, sweets and fruits and come in varying nicotine strengths, sometimes even higher than in JUUL (a 5% JUULpod delivers the equivalent nicotine of a pack of cigarettes). Also, purchasing e-liquid by the bottle is often cheaper than purchasing JUULpods, making them even more appealing to price-sensitive youth.ⁱⁱⁱ

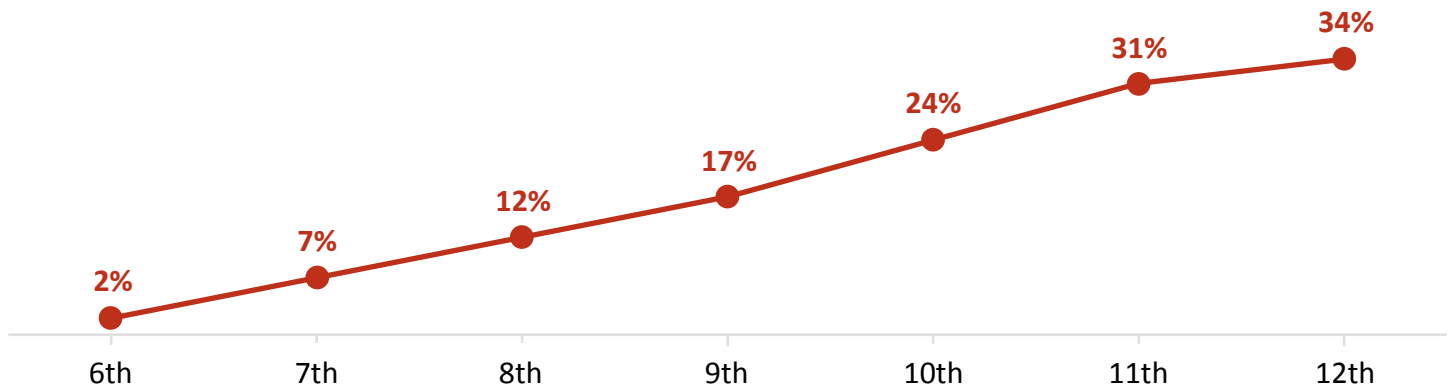
Current Vaping by Trying Flavored Tobacco Before Age 13, VT High School YRBS 2019



Exposure to nicotine during adolescence through young adulthood can disrupt the formation of brain circuits that control attention and learning because the brain is not fully developed until the mid-20s. Nicotine activates the limbic system more strongly in the adolescent brain than in the adult brain, making addiction a significantly greater risk for youth who use nicotine. Young people are also at risk for long-term effects of exposing their brains to nicotine, including mood disorders and permanent lowering of impulse control. Youth begin to vape in middle school and rates increase with increasing grade level, from 2% in 6th grade to 34% in 12th grade.^{vi}

Some of the newer vape products available on the market have nicotine salts in their liquid or pod. This makes the nicotine more readily absorbed into the bloodstream and makes the vapor less harsh, so that it's easier to inhale more nicotine for longer periods of time.

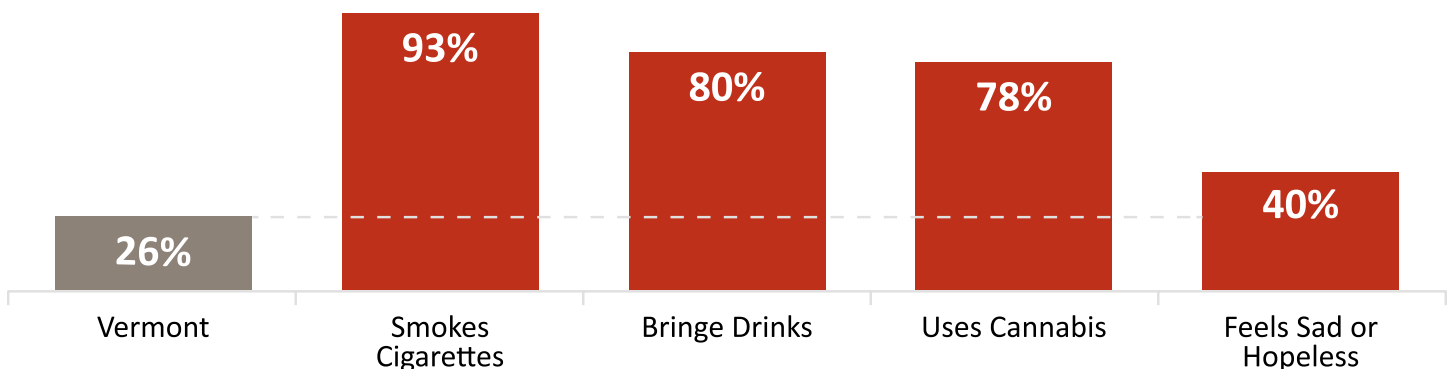
Current Vaping by Grade Level, YRBS 2019



Electronic Vapor Products can be just as addictive as traditional cigarettes, and their use increases future risk of smoking traditional cigarettes.

Over the past decade there has been an over 60% decrease in the percentage of youth who currently smoke traditional cigarettes.^{vii} According to the Surgeon General, rising vape use among youth and young adults is strongly linked to use of other tobacco products including cigars, hookah and smokeless tobacco.

Current Vaping Among Students Using Other Substances or With Poorer Mental Health, VT High School YRBS 2019





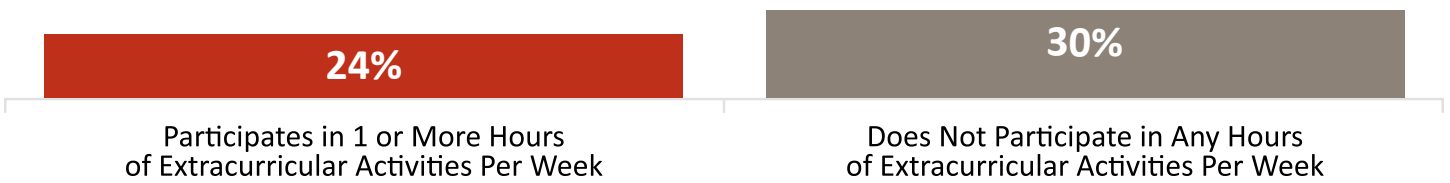
Positive youth development emphasizes building on youth's strengths, creating opportunities to help youth achieve goals; fosters healthy relationships; and promotes protective factors. There are many domains that youth interact with frequently and they can have protective impacts on a youth's well-being.^{ix}

Youth who currently smoke cigarettes, binge drink or use cannabis are more likely to currently vape compared to the statewide rate.^{vii} In addition, youth who felt sad or hopeless in the past two weeks are more likely to vape compared to Vermont youth overall.

Protective factors are effective at reducing youths' risks of using these products. Youth who feel valued in their school or community or who participate in at least one hour of extracurricular activities per week are less likely to vape compared to those who do not have these protective assets.^{vii}

The more a community can do to increase protective factors, support youth voice and engagement and build cross-sector partnerships and collaboration, the more likely they are to succeed in preventing substance use and abuse among youth.^{ix} If your community is interested in assistance in building protective factors, especially into third space programs and youth voice/leadership, please reach out to [Vermont Afterschool](#).

Current Vaping by Youth Assets and Protective Behaviors, VT High School YRBS 2019



More information about the dangers of Electronic Vaping Product use among youth can be found in the [U.S. Surgeon General's Advisory](#).

Vaping Resources for Everyone Working with Youth

Quit Resources and Support

- [My Life My Quit™](#) is a free and confidential text and chat support for youth ages 12-17 who want to quit smoking or vaping. Youth can text START to 36072 to chat with a Coach. There are also free resources for parents/guardians and educators on the [My Life My Quit™ website](#).
- Helping a child quit vaping can be stressful and confusing. [Become an EX](#) has a suite of resources for parents/guardians and other trusted adults:
 - 24/7 support in the [EX Community](#) from other parents and individuals who can help understand what it feels like to quit.
 - Information about addiction and how quit tools can make quitting more comfortable.
 - Text messages to guide conversations with your child, give you strategies to try together and help you manage stress. **Text QUIT to 202-899-7550** to sign up to receive text messages designed specifically for parents of youth who vape.
 - Interactive tools and videos are available to learn quitting techniques to pass along to youth.
- [This is Quitting](#): This Truth Initiative app supports youth quitting tobacco and vaping product use. The app provides authentic social media posts from other youth who have successfully quit, free text messages to keep youth quitters on track, and quitting exercises that are structured and on-demand.
- [N-O-T](#): Not on Tobacco – A teen smoking and vaping Cessation Program is taught by a trained and certified adult in ten, 50-minute sessions. It is most effective in a small group format (6-10 participants) that emphasizes teamwork. The easy-to-use method helps teens quit by addressing total health to develop and maintain positive behaviors.
- [N-O-T For Me](#) - is a self-guided, mobile-friendly online program that leverages the American Lung Association's Not On Tobacco (N-O-T)® program to help teens break nicotine dependency, whether they vape, smoke or use other tobacco products.

Educate and Provide Resources for Parents/Guardians

- Parents/guardians are influential, so encourage them to talk with their children. Resources, such as [ParentUp](#) and the American Lung Association's [Vaping Conversation Guide](#) can help.
- Encourage conversations among school and community groups. Provide them with resources, such as the American Academy of Pediatrics [fact sheets](#) for parents.
- [CounterBalance](#) educates Vermonters about the impact of flavored tobacco and deceptive tobacco industry marketing on young people in our state. As tobacco marketing has evolved, so has CounterBalance. Today the focus is on the epidemic of colorful and enticingly-flavored vape products, including disposable devices, that are attracting and harming our youth. The majority (85%) of youth who currently use vapes use a flavored product.^{vi}

Alternatives to Suspension or Citation

- [INDEPTH](#): An Alternative to Suspension or Citation was developed by the American Lung Association to help schools and communities address the teen vaping problem in a more supportive way. Instead of solely focusing on punitive measures, INDEPTH is an interactive program that teaches youth about nicotine dependence, establishing healthy alternatives to addiction.
- Stanford's Healthy Futures/Alternative to Suspension [Curriculums](#) are geared for students who have been caught vaping (or using any other tobacco product) and/or for any students who are interested in trying to quit.
 - [OUR Healthy Futures](#) is to be taught in small group settings.
 - [MY Healthy Futures](#) is a self-paced course for students. Each student will receive a certificate of completion for meeting the requirements.

Connect with your Local Tobacco Control Community Coalition or Office of Local Health



Tobacco Control and Prevention [Community Coalitions](#) can provide information, resources and technical assistance to schools on tobacco and other substance use prevention strategies. Some coalitions collaborate with community-based youth groups that may be a resource for parent and peer-to-peer education.

In addition to community coalitions, there are 12 [Offices of Local Health](#) located around the state to serve Vermont communities. The school liaison in your local office partners with schools and school districts to support health and wellness. School liaisons can share resources and collaborate with school teams on vaping-related best practices, policy development and assessments.

*Vermont Department
of Health*

School Administration

What Administrators Can Do

Administrators have a unique role in promoting comprehensive prevention strategies throughout the school or district. You can have a significant impact in preventing and reducing vaping among youth by communicating and reinforcing strong tobacco policies, providing ongoing faculty and staff education, and promoting employee cessation resources.

ENFORCE SMOKE- AND VAPE-FREE POLICIES

- State laws prohibit the use of all tobacco and aerosol generating products on school property at all times by staff, youth and guests. Familiarize yourself with these laws and enforce them. Post smoke-free and vape-free signage at key locations on school grounds. Durable, co-branded [signage](#) is available for order at no cost through the Department of Health Tobacco Control Program.
- Evaluate your school's current smoke- and vape-free policy. Are there areas that need strengthening? All schools should evaluate these on a regular basis. The Alliance for a Healthier Generation and the American Heart Association have created a model policy [toolkit](#) for guidance. The Public Health Law Center has also created a K-12 model school policy [guide](#).
- Communicate policy changes to school personnel, students, parents/guardians and community members.

PROVIDE ONGOING EDUCATION TO FACULTY AND STAFF

- Educate faculty and staff to recognize vaping products and how to enforce the school's/district's policy.
- Inform faculty and staff about high-use areas and bathroom "meet ups" during class time. Encourage monitoring of these areas between classes.
- Train faculty and staff to recognize nicotine addiction. These symptoms can resemble having an upset stomach, mood swings or feeling anxious.

EDUCATE AND PROVIDE RESOURCES FOR PARENTS/GUARDIANS

- Use different types of communication – such as the school newsletter, social media and intercom announcements – to send messages. Youth will be more likely to share at home if they hear something multiple times and through different channels.
- Share the school's or district's tobacco policy with parents/guardians. In addition to newsletter and social media posts, make the information available on the school or district website and social media platforms, as well as at in-person educational events.
- Inform parents/guardians of tobacco treatment options for youth.

DISPOSING OF VAPE PRODUCT WASTE

Under federal and state law, vapes, e-liquid containers and batteries are considered hazardous waste and need to be handled and disposed of properly. The Public Health Law Center has created an [FAQ sheet](#) to help schools, businesses and communities understand the environmental hazards associated with these products.

The Vermont Agency of Natural Resources has also released a fact sheet on the safe management of vaping devices in schools. This document can be found in the appendix of this toolkit.

PROMOTE A SMOKE-FREE AND VAPE-FREE WORKPLACE

- Promoting a smoke-free and vape-free workplace and providing cessation resources to employees ensures that school personnel are modeling healthy behaviors for one another, parents and most importantly youth.
- Begin to create smoke-free and vape-free workplaces by informing employees about the Vermont laws and school district policy that prohibit tobacco and nicotine use on school grounds.
- Promote cessation resources, such as [802Quits](#), to employees who need support by phone, online or text. It's free and it works. Cash value rewards can be earned for completed coaching calls. The Vermont Department of Health also offers a free [Quit@Work toolkit](#) for employers. This toolkit offers specific guidance and tools for creating a healthier workplace.
- Encourage faculty and staff to be role models and set positive examples for youth by living smoke-free.
- Become a [3-4-50](#) sign-on school. This Vermont Department of Health initiative helps bring attention to the overwhelming impact of chronic disease in Vermont and inspires us to take action to change it.
- Schools, cities, towns and health care providers all play an important role in shaping the health of Vermonters. Our common goal is to make the healthy choice the easy choice where we live, work, learn and play.

HELP YOUTH QUIT

Refer teens who may be struggling with nicotine addiction to My Life My Quit™, This is Quitting, N-O-T, or to talk with their health care provider. More detailed information on cessation resources can be found on [Page 5](#).

Health Educators and Classroom Teachers

What Health Educators and Classroom Teachers Can Do

Classroom teachers, specifically health educators, are instrumental in providing prevention education to youth on nicotine addiction and vape product use.

PROVIDE PREVENTION EDUCATION FOR YOUTH

The Health Department recognizes the following resources developed by various partners as comprehensive and effective vaping prevention education. While there are other curricula and resources to address vape use among youth, we advise schools to be cautious and review the source of a curriculum. It is NOT best practice to use tobacco or vape industry-sponsored prevention programming or resources.

- Stanford Medicine's [Tobacco Prevention Toolkit](#) contains many resources, including the new [You and Me, Together Vape-Free curriculum](#). This is a theory-based and evidence-informed curriculum created by the Stanford Reach Lab in collaboration with their Youth Action Board and educators from across the U.S. This free resource contains six lessons, each providing activities, online quiz games and worksheets. In addition to the presentations, resources and other materials are provided to address key factors associated with youth vaping, including changing adolescents' attitudes toward and misperceptions about vape products; increasing their refusal skills to pulls of flavors, marketing and social media; reducing stress and depression, which have been linked to tobacco and nicotine initiation and use; improving coping; and decreasing intentions and actual use of all vaping products.
- Stanford Medicine's [Cannabis Awareness & Prevention Toolkit](#) is an educational resource that can be adapted to fit the individual needs of educators and students. This may be used in all types of settings, including elementary, middle and high schools, as well as community-based organizations and health-related agencies. Educators are encouraged to pick and choose the lessons that will be most useful for their students and adapt activities to suit their needs.
- The Northern New England Poison Center offers a free [lesson plan](#) for high school youth on electronic cigarettes and vapor products. The download comes as a ZIP file, which includes the PDF lesson plan and a Jeopardy game in PowerPoint format.
- [Vaping: Know the Truth](#) is a first of its kind free digital learning curriculum from the Truth Initiative. This curriculum is prevention focused, yet also provides support and resources for youth who are already vaping by linking them directly to This Is Quitting. Whether in class or at home, youth will complete four self-paced lessons and learn facts about vaping, the history of the manipulative tobacco industry marketing tactics, the damaging effects of nicotine addiction and keys to self-care and quitting.
- [CATCH My Breath](#) is a free curriculum for middle/high school youth that is intended to prevent vape use. CATCH My Breath includes a series of classroom lessons, peer-led activities, parent/guardian education and social and community support. This was designed by the CATCH Global Foundation and CVS Health.

- The FDA’s Tobacco Education [Resource Library](#) was created to prevent vaping among middle and high school youth. These cross-curricular vaping prevention resources include lesson plans, activities, infographics and videos that help teens learn about the dangers of vaping. These resources can be used to start an open dialogue with youth about vaping nicotine and help encourage a lifetime of healthy behaviors.
- Know the Risks: A Youth Guide to E-Cigarettes, is a [presentation](#) created by the CDC to educate youth on electronic vaping products. Topics covered include health risks, factors that lead to vape use and what youth can do to avoid all tobacco products. This resource is intended for use by adults who educate or serve youth between the ages of 11 to 18. Talking points and information are included.
- The Substance Abuse and Mental Health Services Administration (SAMHSA) has created an evidence-based resource [guide](#) for those working to prevent and reduce youth vaping.

HELP YOUTH QUIT

Refer teens who may be struggling with nicotine addiction to My Life My Quit™, This is Quitting, N-O-T or to talk with their health care provider. More detailed information on cessation resources can be found on [Page 5](#).

School Nurses and Student Assistance Professionals

What School Nurses and Student Assistance Professionals Can Do

Nurses or School Assistance Professionals (SAPs) can assist youth by recognizing symptoms associated with nicotine addiction, discussing these with the student and parents/guardians, and referring to the student's health care provider. Nurses or SAPs can also provide ongoing and frequent support to students within the school environment. Collaboration between medical providers, school nurses, SAPs and families, when possible, help all concerned provide wrap-around support to students.

EDUCATE YOURSELF ON VAPE PRODUCTS AND THE EFFECTS OF NICOTINE

- [Clearing the Air](#) - A toolkit to address youth vaping for primary care practices, developed by the Vermont Child Health Improvement Program (VCHIP), is an informational resource to address the impact of vaping on youth health.
- Information on [nicotine poisoning](#) is available from the Northern New England Poison Center.
- The American Academy of Pediatrics provides a [curriculum](#) that focus on addressing youth vaping prevention and cessation based on best practices, as well as a [fact sheet](#) to encourage clinician use of the 5As screening and counseling technique with teens.
- The National Association of School Nurses' (NASN) [Vanquishing Vaping Toolkit](#) | NASN Learning Center is available to all NASN members.

EDUCATE YOUTH ON THE RISKS OF VAPE PRODUCTS

The U.S. Surgeon General has created a brief [toolkit](#) to help health care professionals educate youth on the dangers of vaping.

ESTABLISH YOUTH TOBACCO CESSATION PROGRAMMING IN SCHOOL

The American Academy of Pediatrics has created a useful [guide](#) to help provide detailed information to support pediatricians and other health care providers (such as School RNs) in supporting youth tobacco cessation, using the Ask-Counsel-Treat (A.C.T.) model.

HELP YOUTH QUIT

Refer teens who may be struggling with nicotine addiction to My Life My Quit™, This is Quitting, N-O-T or to talk with their health care provider. More detailed information on cessation resources can be found on [Page 5](#).

Youth

What Youth Can Do

Educating and engaging youth on how and why the tobacco industry targets them and giving them the opportunity to educate others in their community is a powerful strategy to counter big tobacco's influence.

ESTABLISH OR JOIN A YOUTH TOBACCO PREVENTION GROUP

Both [Vermont Kids Against Tobacco \(VKAT\)](#) and [Our Voices Xposed \(OVX\)](#) are based on the Positive Youth Development framework, which recognizes youths' individual and collective strengths, provides support to help them become leaders, educators and change makers in their schools and communities. With the guidance of their advisors and Tobacco Community Coalitions, OVX and VKAT youth work to educate their peers, community and local decision makers on the manipulative and deceptive marketing tactics tobacco companies use to target youth.

If your school would like more information on either of these youth initiative programs, or are interested in starting one in your community, please reach out to the Vermont Tobacco Control Program at tobaccovt@vermont.gov

ESTABLISH OR JOIN A "GETTING TO Y" GROUP

The Health Department partners with [Up for Learning](#) to support this youth engagement project. Vermont public schools that complete the [Youth Risk Behavior Survey](#) have an opportunity, with grant support, to send a team of youth to a training where they learn how to analyze data and identify health priorities for their school.

FOLLOW @UNHYPEDVT ON SOCIAL MEDIA

[Unhyped](#) is Vermont's health education campaign intended specifically for youth. It is designed to share knowledge about the health consequences of vaping and to correct common misconceptions. Unhyped separates the truth from the hype so young people can understand the facts.

Parents/Guardians

What Parents/Guardians Can Do

Parents/guardians, like school professionals and other youth influencers, play an important role in educating and influencing youth about the risks of vaping. In addition to being a good role model and not vaping yourself, here are some resources that may help:

- Be open and talk with your child about the harms of vaping. Resources, such as [ParentUp](#) and the American Lung Association's vaping [conversation guide](#) can help if you are not sure where to begin.
- Be aware of cessation treatment options for your child and resources for you at [My Life My Quit™](#), a free and confidential text and chat service for Vermont youth ages 12-17 who want to quit smoking or vaping. **Text START to 36072.** Consult with your child's pediatrician for additional support.
- Utilize only reputable websites for gathering information. [CounterBalance](#), [Unhyped](#), [The Truth Initiative](#), [The Campaign for Tobacco-Free Kids](#), as well as others shared in this toolkit, are all great places to look.
- The Truth Initiative's [This is Quitting](#), is an app that supports youth who are wanting to quit tobacco and vape use. This app provides authentic social media posts from other youth around the country who have quit using tobacco products. It also offers free text messages to help keep youth on track during their quit journey, as well as quitting exercises that are both structured and on-demand.
- [NOT for Me](#) is a self-guided, mobile-friendly online program that leverages the American Lung Association's Not On Tobacco (N-O-T)[®] program to help teens break nicotine dependency, whether they vape, smoke or use other tobacco products.
- Helping a child quit vaping can be stressful and confusing. [Become an EX](#) has a suite of resources for parents/guardians and other trusted adults:
 - 24/7 support in the [EX Community](#) from other parents and individuals who can help understand what it feels like to quit.
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 - Text messages to guide conversations with your child, give you strategies to try together and help you manage stress. **Text QUIT to 202-899-7550** to sign up to receive text messages designed specifically for parents of youth who vape.
 - Interactive tools and videos are available to learn quitting techniques to pass along to youth.

Community Coalitions and Local Office of Health

Community Coalitions

The Tobacco Control Program funds 12 tobacco control and prevention [community coalitions](#). These coalitions work with various partners, such as schools, health care organizations, government, nonprofits, businesses, and media, to prevent and reduce tobacco use and exposure in their communities. Through their efforts, strong tobacco-free social norms have been shaped and protective measures passed. The coalitions serve most Vermont communities.

SOME EXAMPLES OF GRANTEE INITIATIVES INCLUDE:

- Working with towns to make public places, multi-unit housing, parks and beaches smoke-free.
- Collaborating with youth groups to educate communities about the impact the tobacco and vape industries have on youth and young adults.
- Promoting the benefits of passing ordinances and updating town plans and zoning districts to reduce the impact of tobacco in local communities.
- Helping businesses and behavioral health facilities incorporate tobacco-free and vape-free policies.
- Collaborating with underserved populations, such as Black, Indigenous and people of color and LGBTQ individuals to make sure their voices are heard and represented.



LOCAL OFFICES OF HEALTH

There are 12 [Offices of Local Health](#) located around the state to serve Vermont communities. The school liaison in your local office partners with schools and school districts to support health and wellness-related work. School liaisons can share resources and collaborate with school teams on vaping-related best practices, policy development, and assessments.

To contact your local school liaison, please visit the [Vermont Department of Health Local Health website](#).

Appendix

Addressing Vaping in Vermont Schools

AN EDUCATION TOOLKIT

Environmental Fact Sheet

Waste Management & Prevention Division
802-828-1138

Vaping/E-Cigarette Devices and Safe Management in Schools

What are vaping/e-cigarette devices and why are they of concern?

Vaping devices also known as E-cigarettes, vape pens, vapes and e-cigs and other names produce an aerosol by heating a liquid that usually contains nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products—flavorings, and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air.

Vaping devices contain lithium or lithium-ion batteries and liquid nicotine.

Damaged vaping device batteries have caused fires and explosions, some of which have resulted in serious injuries.

In addition, acute nicotine exposure can be toxic. Children and adults have been poisoned by swallowing, breathing, or absorbing vaping device liquid.¹

How should vaping devices collected by schools be managed?

Vaping devices may need to be managed as a hazardous waste.

If a school is in possession of vaping devices or e-cigarettes that have been left at the school, they should work with their local [solid waste management entity](#) or [hazardous waste contractor](#) (*search H*) to properly dispose/recycle these devices just like they would with other hazardous waste that is generated at the school.

Schools are considered regulated hazardous waste generators and must follow [VT Hazardous Waste Regulations](#).

Best Management Practices

- ✓ Upon collection immediately bag each vaping device individually in a plastic bag.
- ✓ Place all of the individually bagged vaping device into a sealed five-gallon plastic (polyethylene) pail or bin.
- ✓ Label the pail or bin- **Vaping Devices/Hazardous Waste/Date of First Collection**
- ✓ Check vaping devices for swelling, leaking and damage prior to storing.
- ✓ Place any swollen or damaged vaping devices in a closed, watertight, storage container such as a plastic (polyethylene) pail or bin. Add Sand, kitty litter, vermiculite or another fire containment material such as CellBlockEx to aid in safe storage.
- ✓ When handling damaged vaping devices, always wear safety equipment (e.g., gloves, apron, and eye protection). Liquid nicotine is very toxic and should not come in contact with skin or face. Damaged batteries could cause burn or other injury.
- ✓ Avoid stockpiling vaping devices. Remove for proper recycling/disposal within one year of starting collection.

¹ US Department of Health and Services, Centers for Disease Control and Prevention-[CDC.GOV](#)

Environmental Fact Sheet: Vaping Device Management in Schools

- ✓ Store the collection pail in a locked storage area where it can not be accidentally knocked over or easily accessed. Keep a Fire Extinguisher in the storage area.

Resources:

Hazardous Waste Contractors

Please note the state does not endorse any one of these service providers over another. Please see the [VT permitted transporters](#) list and search “H” for a listing of all permitted hazardous waste transporters serving VT.

Solid Waste Management Entities- <https://dec.vermont.gov/waste-management/solid/local-districts>

VT Department of Health Tobacco Resources- <https://www.healthvermont.gov/wellness/tobacco/resources>

VT Department of Environmental Conservation Hazardous Waste Program-
<https://dec.vermont.gov/waste-management/hazardous>

Vermont State Statutes and Education Laws

- 16 V.S.A. § 140 states that it is prohibited to use tobacco and tobacco substitute products, including electronic vapor products, on public school grounds and school-sponsored events.
- [16 V.S.A. § 909](#) states that the Alcohol and Drug Abuse Council, and, where appropriate, with the Division of Health Promotion, shall develop a sequential alcohol and drug abuse prevention education curriculum for elementary and secondary schools. The curriculum shall include teaching about the effects and legal consequences of the possession and use of tobacco products.
- Act 108, Vermont’s Clean Indoor Air Act, prohibits the use of tobacco and tobacco substitutes in indoor places of public access. This includes private and independent schools that are not covered under 16 V.S.A. § 140.
- 7 V.S.A. § 1003 was amended in 2019 to change the legal age for buying and using cigarettes, electronic cigarettes and other tobacco products from 18 to 21 years of age.
- 7 V.S.A. § 1002 was amended in 2019 to prohibit anyone from selling electronic cigarettes, liquids containing nicotine, or other tobacco substitutes without a Vermont tobacco seller license. This effectively prohibits the online sales of such products.
- 32 V.S.A. § 7702 now subjects electronic cigarettes to the wholesale tax on “other tobacco products”.

If minor youth disclose purchasing tobacco products on the internet or at a local retail store, report the retailer’s non-compliance to the [Vermont Department of Liquor and Lottery, Division of Liquor Control](#). Consider other health activities or policies that can reinforce a healthy school and learning environment, such as arranging after-school programming to give youth opportunities to be engaged.

Vermont School Boards Association Model Policy

CODE C2
(Required)^[1]

STUDENT ALCOHOL AND DRUGS

ADOPTION NOTES – This text box and the disclaimer should be removed prior to adoption.

*(a) General – As with all model policies, VSBA recommends that each board carefully review this model prior to adoption to assure suitability with the district’s own specific circumstances, internal coding system, current policies, and organizational structures. **Highlighted language** or blank, underscored spaces indicate areas which Boards must change/complete to reflect local personnel titles, policy references, duty assignments etc. There may also be optional language for the board to consider; in this case the word [OPTIONAL] should be removed.*

(b) Legal references are listed for convenience, but do not need to be included in the policy as adopted.

(c) Any model policies listed under “cross-reference” indicate a reference to another related VSBA model policy. A district should check its own current policies to assure internal consistency.

(d) Withdrawn and earlier versions of revised policies should be maintained separately as part of the permanent records of the District.

Statement of Philosophy: This policy shall be concerned with the health and well-being of all students and the policy shall take into consideration the individual needs of students with problems (drug, alcohol, substance abuse problems) as well as the right of the majority of students to an education.^[2]

It is therefore the policy of the _____ School District (District) that no student shall knowingly possess, use, sell, give or otherwise transmit, or be under the influence of any illegal drug, regulated substance, or alcohol on any school property, or at any school sponsored activity away from or within the school.^[3] It is further the policy of the District to make appropriate referrals in cases of substance abuse.

Definitions

1. The term “**substance abuse**” as used in this policy is the ingestion of a substance in such a way that it interferes with a person’s ability to perform physically, intellectually, emotionally, or socially.^[4]
2. The term “**drug**” as used in this policy means any narcotic drug, hallucinogenic drug, amphetamine, barbiturate, cannabis or any other controlled substance as defined by state or federal regulation or statute.^[5]

Administrative Responsibilities Related to Alcohol and Drugs

Educational Program. The superintendent or designee shall work with appropriate staff members to develop and conduct an alcohol and drug abuse educational program.^[6] The

[1] This policy is required by 16 V.S.A. 1165(c) and SBE Rule 4212. Unless otherwise noted in the following notes, the State Board rule requires that the policy include the elements contained in this model.

[2] SBE Rule 4212 requires the policy to have this statement of philosophy.

[3] 16 V.S.A. § 1165(a). See also 18 V.S.A. § 4237 making it unlawful for any person to sell or dispense any regulated drug to minors or to any other person on school property or property adjacent to a school. See 16 V.S.A. §140 regarding prohibition of tobacco use on public school grounds or at public school sponsored functions.

[4] Vermont State Board of Education Manual of Rules and Practices, Rule 4211

[5] See definitions of narcotic drugs and hallucinogenic drugs in 18 V.S.A. §4201; and controlled substances in 41 U.S.C. §706(3) and 21 U.S.C. §812.

[6] 16 V.S.A. §131(9) Definition of Comprehensive Health Education includes drugs, including education about alcohol, caffeine, nicotine, and prescribed drugs.

program shall be consistent with the Vermont Alcohol and Drug Education Curriculum Plan.^[7] If the District is a recipient of federal Safe and Drug-Free Schools and Communities Act funds, the Act will be considered in the development of the alcohol and drug abuse educational program.^[8]

Cooperative Agreements.^[9] The superintendent or designee shall annually designate an individual to be responsible for providing information to students and parents/guardians about outside agencies that provide substance abuse prevention services and to encourage the use of their services and programs when appropriate.

The District shall have a cooperative agreement with at least one provider, approved by the Department of Health, that will provide substance abuse treatment to students who are referred through the school's support and referral system, or who refer themselves for treatment.

Immediate Procedures.^[10] The superintendent or designee shall establish procedures for handling any alcohol/drug related incident until the student has been discharged to the parent, guardian, social service, medical, or law enforcement agency.

Emergency.^[11] The superintendent or designee shall establish procedures for administering emergency first aid related to alcohol and drug abuse. The procedures will define the roles of the personnel involved.

Administrative Responsibilities Related to Student Conduct and Discipline

Any student who violates this policy by knowingly possessing, using, selling, giving or otherwise transmitting, or being under the influence of any illegal drug, regulated substance, or alcohol, on any school property, or at any school sponsored activity away from or within the school shall be subject to discipline consistent with the District's policy on Student Conduct and Discipline and the school's overall discipline plan developed pursuant to 16 V.S.A. § 1161a.

[OPTIONAL] Notification. The superintendent or designee shall ensure that parents and students are given copies of the standards of conduct and disciplinary sanctions contained in the procedures related to this policy and are notified that compliance with the standards of conduct is mandatory. Notice to students will, at a minimum, be provided through inclusion of these standards and sanctions in the student handbook distributed to all students at the beginning of each school year or when a student enrolls in the school.^[12]

[7] SBE Rule 4212.2 requiring the education program be consistent with this Plan.

[8] 20 U.S.C. §§7101 et seq. Safe & Drug-Free Schools & Communities Act of 1994

[9] SBE Rule 4212.3 requiring the provision of support and referral system for students in distress.

[10] SBE Rule 4212.3A requiring a policy on the handling of any alcohol/drug-related incident.

[11] SBE Rule 4212.3B requiring that each "...school district policy...establish procedures for administering first aid related to alcohol and drug abuse. The procedures will define the roles of the personnel involved."

[12] This section is not required by law, but could be included in a school board policy to ensure that adequate notice of the school district's policy and procedures related to alcohol and drug abuse is given to students and parents.

<i>VSBA Version:</i>	<i>November 1, 2022</i>
<i>Date Warned:</i>	
<i>Date Adopted:</i>	
<i>Legal Reference(s):</i>	<i>20 U.S.C. §§7101 et seq. (Safe & Drug-Free Schools & Communities Act of 1994)</i>
	<i>16 V.S.A. §909 (Drug & Alcohol Abuse Prevention Education Curriculum)</i>
	<i>16 V.S.A. §131(9) (Comprehensive Health Education)</i>
	<i>16 V.S.A. §1045(b)(Driver Training Course)</i>
	<i>16 V.S.A. §1165 (Alcohol and drug abuse)</i>
	<i>18 V.S.A. §4226 (Drugs: minors, treatment, consent)</i>
	<i>18 V.S.A. § 4237 (Possession and Control of Regulated Drugs)</i>
	<i>7 V.S.A. §1001 (Alcoholic Beverages, Cannabis, And Tobacco Definitions)</i>
	<i>Vt. State Board of Education Manual of Rules and Practices §§4200 -4212.3B)</i>
<i>Cross Reference:</i>	<i>Student Conduct and Discipline</i>
	<i>Search and Seizure of Students by School Personnel</i>
	<i>Wellness and Comprehensive Health</i>
	<i>Tobacco Prohibition</i>

DISCLAIMER: This model policy has been prepared by the Vermont School Boards Association for the sole and exclusive use of VSBA members, as a resource to assist member school boards with their policy development. School Districts should consult with legal counsel and revise model policies to address local facts and circumstances prior to adoption, unless the model policy states otherwise. VSBA continually makes revisions based on school districts' needs and local, state and federal laws, regulations and court decisions, and other relevant education activity.



Early and prolonged use of tobacco products, including electronic vapor products or vapes, can have lifetime health impacts. Schools play a critical role in preventing tobacco initiation among youth and educating on the dangers of tobacco and nicotine use. Schools can create supportive environments by adopting smoke-free policies and promoting My Life My Quit™ treatment resources for those students who currently smoke or vape and need help quitting. Substance misuse among youth is influenced at the individual, peer, family, school, community and societal levels. Engaged communities, involved parents and informed schools increase the likelihood of positive youth outcomes.

Action Steps for Schools

- Follow the state requirement that prohibits any use of tobacco products or tobacco substitutes (as defined in 7 V.S.A § 1001) on public school grounds or at public school sponsored functions (16 V.S.A. § 140).
- Order free [signage](#) from the Vermont Department of Health Tobacco Control Program to reinforce and support tobacco-free school grounds and school events.
- Implement health education that provides students with the knowledge, attitudes, skills and experiences needed to adopt and/or maintain a tobacco- and substance-free lifestyle.
- Ensure tobacco prevention education is part of a comprehensive school health education curriculum. The [CDC's HECAT tool](#) states that a pre K-12 tobacco-free curriculum should enable students to have a tobacco-free lifestyle through:
 - T-1. Avoiding use (or experimenting with) with any form of tobacco.
 - T-2. Avoiding secondhand smoke.
 - T-3. Supporting a tobacco-free environment.
 - T-4. Supporting others to be tobacco-free.
 - T-5. Quitting tobacco, if already using.
- Provide a variety of student identified substance-free activities to promote student connection in a pro-social, peer-structured manner during and after school hours, including intramural activities.
- Identify student needs related to nicotine addiction and coordinate care within the school and at school-sponsored events.
- Provide nutrition guidance for students interested in quitting tobacco but worried about weight gain.
- Create referral systems for students with signs of tobacco use to the appropriate school staff, such as the school nurse, SAP, counselor, psychologist or school social worker.
- Contact the Tobacco Control Program to learn about its youth engagement and empowerment programs, such as Vermont Kids Against Tobacco and Our Voices Xposed.
- Cultivate a school environment that encourages empowerment and expression of students with diverse backgrounds.

Resources

Schools can use any of the ten components of the Whole School, Whole Community, Whole Child Model to help inform and prevent youth tobacco use. Visit the Health Department [website](#) for specific examples and to take the next step in making school a safe space for every child.

Tobacco Prevention Curriculum

- [Stanford Medicine Tobacco Prevention Toolkit](#) is an evidence-informed set of resources for educators and parents, including vaping prevention of tobacco and nicotine use among middle and high school students.
- [CATCH My Breath](#) is an evidence-based youth nicotine vaping prevention program for grades 5-12 that has been proven to substantially reduce students' likelihood of vaping.
- [The Real Cost of Vaping](#) offers cross-curricular lessons on harms of vaping for 6-12 grade students.

Quit Programs

- [My Life My Quit™](#) is a free and confidential text and chat service for Vermont youth ages 12-17 who want to quit smoking or vaping. Text "Start My Quit" to 36072.
- [802Quits](#) is Vermont's tobacco cessation resource for adults 18 and older, offering free support by phone, online or text for quitting all forms of tobacco products.
- [Not on Tobacco \(N-O-T\)](#) is a teen smoking and vaping cessation program developed by the American Lung Association.
- [This is Quitting](#) is a free and anonymous text messaging program for youth.

Contact the Tobacco Control Program at tobaccovt@vermont.gov for additional support.

For more information visit: [Tobacco | Vermont Department of Health \(healthvermont.gov\)](https://healthvermont.gov/tobacco)

Background



The Vermont Department of Health Tobacco Control Program has partnered with the Agency of Education since 2016 to support local high school chapters of Our Voices Xposed (OVX) and middle school chapters of Vermont Kids Against Tobacco (VKAT) helping to end tobacco's influence on youth.



Both OVX and VKAT, which may receive funding from local tobacco community coalitions, are based on the Positive Youth Development framework that recognizes the individual strengths of Vermont youth and provides supports to prepare young leaders. With the guidance of adult advisors and coalitions, OVX and VKAT youth work to educate their school peers, community members and local and state decision makers on the manipulative and deceptive marketing tactics tobacco and vape companies use to target youth with attractive, yet toxic, flavored products.

What OVX & VKAT Groups Do

- They play meaningful roles in improving the health of their communities.
- They educate on the tobacco and vape industries, deceptive advertising and price discounting to hook new customers.
- They deliver the facts about the negative health effects and social consequences of smoking, vaping and nicotine use to increase awareness of and support for tobacco policies designed to protect youth.

Why our work matters

- Nicotine is harmful to developing brains; younger users are more likely to become addicted, have more difficulty quitting and may be at higher risk for addiction to other substances in the future.¹
- New and emerging flavored tobacco products that are not FDA-approved are flooding the market and accessible to youth.²
- Youth and young adults perceive flavored tobacco products as more appealing, better tasting and less harmful than non-flavored tobacco products. Flavors, especially sweet and fruit flavors, play a role in influencing tobacco use or experimentation in youth and young adults.³

- Among Vermont high school youth, the rate of current Electronic Vapor Product (EVP) use significantly increased from 15% in 2015 to 26% in 2019, as did lifetime EVP use (30% to 50%). Among students who currently use EVPs, daily use significantly increased from 9% in 2015 to 31% in 2019.

“Youth empowerment is about allowing youth a legitimate voice in the system. From meaningful participation by youth in their own litigation, to influencing local and national policy, youth empowerment is about providing for youths’ actual needs, not just adult conceptions of those needs.”

National Association of Counsel of Children

For More Information

For more information on OVX or VKAT, or assistance in starting a youth group in your community, please contact the Vermont Tobacco Control Program at tobaccovt@vermont.gov.



To Learn More

To learn more or to get involved in tobacco prevention in your community, visit Counterbalancevt.com.

¹ Nicotine and The Young Brain: <https://truthinitiative.org/research-resources/harmful-effects-tobacco/nicotine-and-young-brain>

² Flavored Tobacco Use Among Youth and Young Adults: <https://truthinitiative.org/research-resources/emerging-tobacco-products/flavored-tobacco-use-among-youth-and-young-adults>

³ U.S. Youth Risk Behavior Surveillance System (YRBSS): <https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>



VAPING NICOTINE + MENTAL HEALTH

Nicotine has not been found to directly cause mental health conditions, but numerous studies reveal troubling links between **vaping nicotine** and worsening symptoms of **depression and anxiety**.

Nicotine can amplify **anxiety** symptoms^{1,4} and feelings of **depression**.²



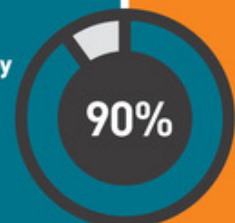
81% of 15-24 year olds surveyed who had used **e-cigarettes** said they started vaping to decrease stress, anxiety, or depression.³



Irritability, anxiety and depression are some of the symptoms of nicotine withdrawal. **Vaping** nicotine relieves these symptoms, **but only** temporarily.

Quitting nicotine can lead to reduced **stress, anxiety, and depression** in the long term.³

90% of those who quit **vaping** said they felt less stressed, anxious, or depressed.³



¹ Kutlu MG, Gould TJ. Nicotine modulation of fear memories and anxiety: Implications for learning and anxiety disorders. *Biochemical Published Online First*: 2015/08/02
² Lechner WV, Janssen T, Kahler CW, et al. Bi-directional associations of electronic and combustible cigarette use onset patterns with depressive symptoms in adolescents. *Preventive Medicine* 2017;96:73-78.
³ Truth Initiative Mental Health x Vaping Headline Survey Internal Data - August 2021.
⁴ Benowitz NL. Nicotine addiction. *N Engl J Med*. 2010;362(24):2295-2303.

Learn more at thetruth.com/mentalhealth

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- ^{vii} Vermont Department of Health. 2019. Youth Risk Behavior Survey Data. Available at: www.healthvermont.gov/YRBS
- ^{viii} National Association of School Nurses’ (NASN) [Vanquishing Vaping Toolkit | NASN Learning Center](#)
- ^{ix} Vermont Afterschool. 2020. Positive Youth Development Prevention Resource Guide for the Third Space. <https://vermontafterschool.org/wp-content/uploads/2020/09/2020-Prevention-Guidebook-SUPA-2.pdf>