

The State of Vaping in Framingham Public Schools

Spring 2019

The vaping problem

- Nicotine damages the developing adolescent brain
 - Youth who use e-cigarettes are more likely to become traditional cigarette smokers
 - People who start smoking or using tobacco products in adolescence, smoke more and have a harder time quitting than people who start as adults
 - ***Nicotine can prime the adolescent brain for addiction to other substances***
 - Some youth may be vaping other substances, e.g. THC
 - Vaping is a conduct issue; impacts quality of life for the school community
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Who does it impact?

- Students
 - Families
 - Teachers
 - Administrators
 - The community
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Current Efforts

Metrowest Health Foundation - convened a Vaping Steering Committee - January 2019

- Local school districts, MA DPH, BOHs, pediatricians, others to identify issues, solutions, best practices
- Strategies needed to educate, engage families, youth - users, non-users; addicted youth, youth who are experimenting
- Committee will provide the community with best practices in prevention, diversion options, and cessation
- Framingham Board of Health - proposing ban on all smoking accessories except in adult-only and marijuana retailers

Current Efforts

FPS convened a Vaping Committee - January 2019

- Multi-disciplinary committee of staff from middle and high school
- Discussion and planning includes identifying prevention strategies, education, setting clear expectations and consequences, diversion/cessation programs
- Discipline - supportive/restorative vs. punitive

Current Efforts

Tier 1


- What are our universal prevention strategies?
- How are we setting expectations for vaping in school?
- Current consequences: suspension first offence; assessment for dependence/addiction to nicotine, second offence
- Data collection: Are we collecting data? What are we collecting? Is it calibrated? How/when is it reviewed? How does it inform our interventions?
- What does family/staff education look like?
- Review of “*Catch Your Breath*” curriculum for middle and high school
- Youth focus groups scheduled for May at FHS

The 84 Chapter

- **The 84** is a statewide movement of youth fighting tobacco in Massachusetts
- FHS Key Club awarded a \$4000 grant to begin an **84 Chapter**

the 84
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Kick Butts Day was a Success!

May 2, 2018. Boston, MA. Kick Butts Day 2018. © 2018 Marilyn Humphries Hey 84 Chapters! Our... [Read More](#)

Latest Updates



Kick Butts Day was a Success!
Hey 84 Chapters! Our annual...[Read more](#)



Statewide Leader Speaks at Surgeon General Press Conference on E-Cigarettes in Washington, D.C.
On December 18th, U.S. Surgeon...[Read more](#)

Join The 84

Register to become a Chapter and join Chapters around the state making a difference in Massachusetts. Becoming a Chapter allows you to participate in statewide events, receive free trainings and even receive funding to carry out projects.

Top 3 Chapters

0 PTS **COMING SOON!**

0 PTS **COMING SOON!**

Current Efforts

Tier 2 and Tier 3

- What are the consequences/interventions for recurrent behaviors when student assessment reveals addiction?

Vaping is a complex multi-faceted problem - a potential public health crisis - which requires a thoughtful coordinated community approach of prevention, proaction, and intervention