

The Incorporation of Electronic Cigarettes' Harmful effects in High School Curriculum

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The Prominent Issue

The Electronic Cigarette (Ecig) has risen in popularity among teens in high school

Many teens have a misconception of what they contain and these Ecigs are just as harmful, if not more, than regular cigarettes

Background Information on Ecigs

E-Cigarette Function and Common Forms

Vaporizers with interchangeable cartridges (pods)

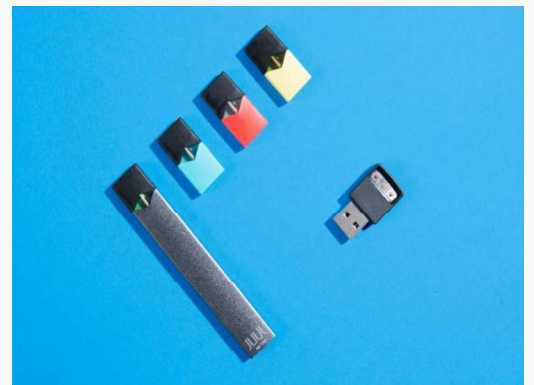
Cartridges contain concentrated flavoring, nicotine

4-6 in in size

Easy to hide and use on the go

Charges by USB port cap

Initial vaporizer and one pod is \$50



Personal Observations



- Often used during class as a way to be accepted or seem “cool”
 - Users will play games with each other and try using them without getting caught
 - Charged into classroom outlets without the knowledge of the teacher
- Over 5 students each day are suspended for using E-Cigarettes in the bathrooms

Research Conducted

Survey Results

We surveyed 100 students from Samohi and found that...

- Over 21% of students own an E-Cig
- 44% of students have tried an E-Cig in the past
- Only 58% of students feel that they somewhat know the health effects of E-cigs
- 40% of students we surveyed had a strong understanding about E Cig's harmful effects
 - Only 5% of those students continued to use E-Cigs on a regular basis

Online Research

- National Institute on Drug Abuse
 - 87% of teens are unaware of what is actually in their E-Cigarettes: mostly nicotine
 - 60% think that it's just flavoring
 - 14% of high school students have used E-Cigarettes
- NY Times Article on E Cigs
 - Ecigs are detrimental for teens developing brains
 - Lead to neural and behavioral alterations
 - Addiction

How can these issues be fixed?

Incorporate the health effects of E-cigarettes into the classroom curriculum

- Health courses taken during Get Ahead summer programs

- Freshman Seminar Classes

Educate about the health detriments in the school through:

- Posters

- School announcements

Inform the teachers and security

- Punish the use of E-Cigs in classrooms

Educating teens will dramatically decrease the amount of users (5% or less hopefully)

References

Abuse, National Institute on Drug. "Teens and E-cigarettes." *NIDA*. N.p., 11 Feb. 2016. Web. 19 Apr. 2017.

Richtel, Matt. "Use of E-Cigarettes by Young People Is Major Concern, Surgeon General Declares." *The New York*

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Thank You For Your Time