

Vaping In Schools: What Educators Need to Know

Delaware Division of Public Health (DPH)
Tobacco Prevention and Control Program





Explore the facts about vaping and e-cigarettes

Learn the warning signs

Utilize the resources available to help

Intervention techniques





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**Have you noticed vaping among your students this year
or in the past few years?**



Statistics on Youth Vaping in Delaware

Vaping and electronic cigarette use among Delaware middle school students dropped from 15% to 11% between 2020 and 2022 but increased to 12% between 2022 and 2024.

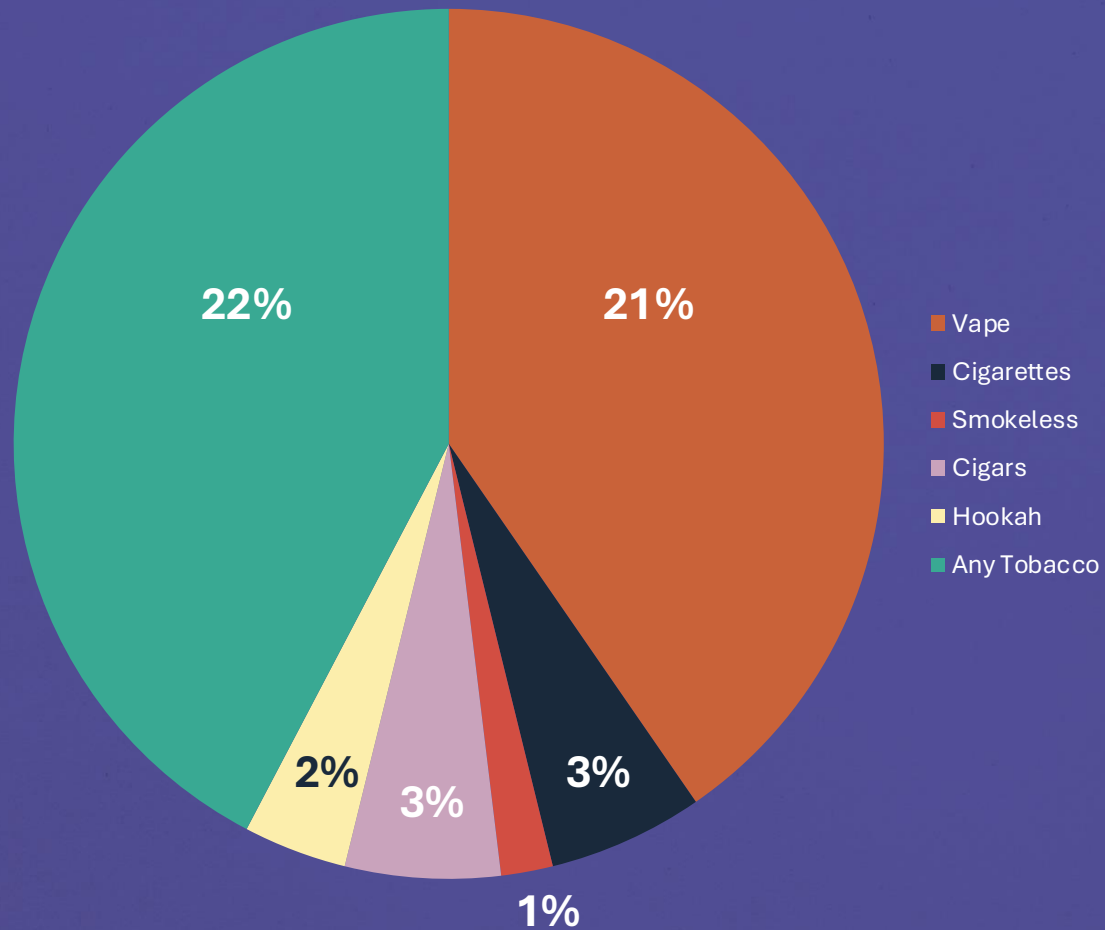
Vaping and electronic cigarette use among Delaware high school students dropped from 34% to 23% between 2018 and 2024.

Of 832 Delawareans age 12 to 17, 277 reported using nicotine within the past 30 days. 129 of those individuals reported that they were ready to quit.

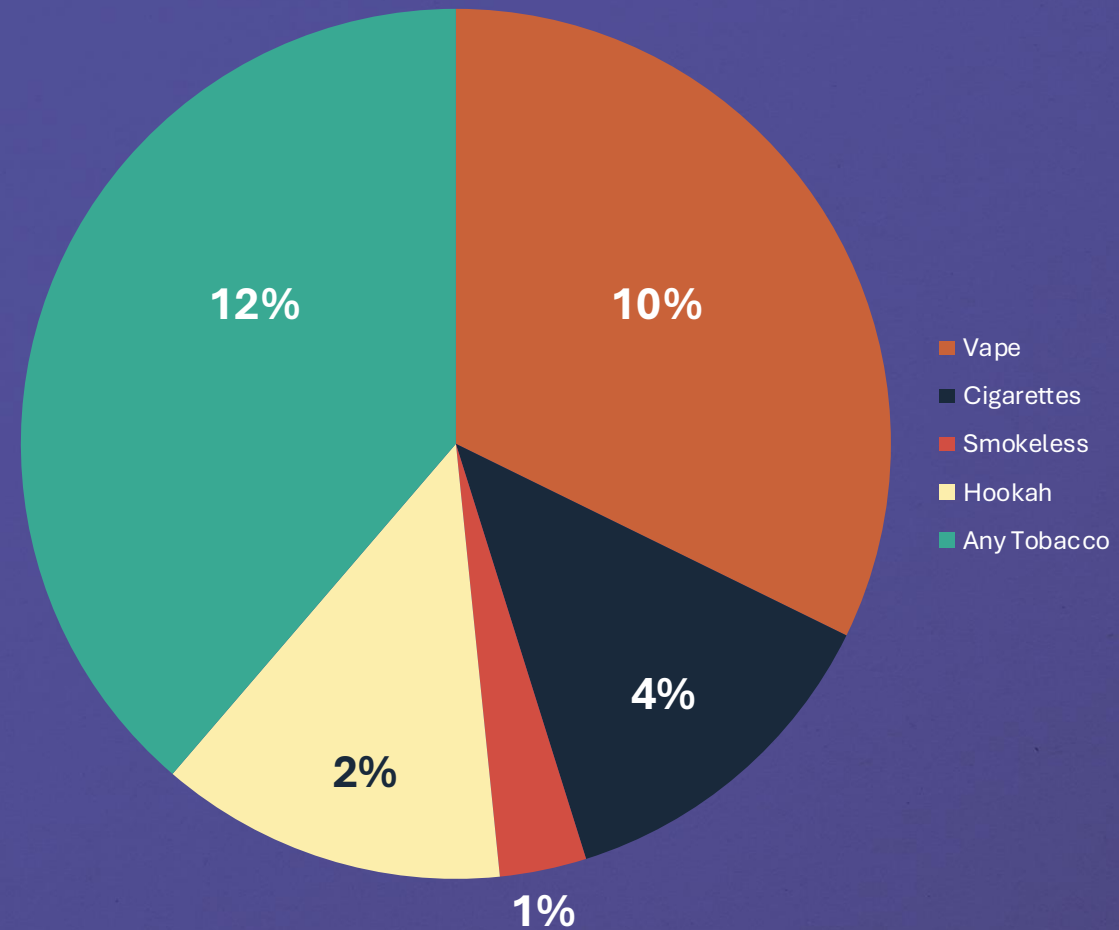


Statistics on Youth Vaping in Delaware

Delaware high school students
who use tobacco products in 2024



Delaware middle school students
who use tobacco products in 2024



Why Vape?

Advertising

In 2021, 7 in 10 U.S. middle and high school students reported exposure to e-cigarette marketing.

Flavors

The availability of flavored vapes is among the top 10 reasons that youth report ever trying an e-cigarette.

Social Influences

The most common reason U.S. middle and high school students try an e-cigarette is because a friend used them.



Impact on Student Mental Health

These products contain substances like:

- Nicotine
- Cancer-causing chemicals
- Heavy metals
- Tiny particles
- Volatile chemical compounds
- Chemicals in flavored products

While e-cigarettes contain fewer harmful chemicals than cigarettes, scientists are still exploring the immediate and long-term health effects of e-cigarettes.

Source: [CDC | Smoking and Tobacco Use — e-cigarettes \(vapes\)](#)



Impact on Student Health



Youth mental health is important.

Studies show people who quit smoking cigarettes experience:

- Lower levels of anxiety, depression, and stress
- Improved positive mood and quality of life

Source: [CDC | Smoking and Tobacco Use — e-cigarettes \(vapes\)](#)





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Signs of Vaping: Behavior



Mood



Attention span



Learning



Impulse control



Ability to reason



Decision-making

Signs and Symptoms of Vaping



**Dry mouth or
dehydration**



**Unusual USB
drives and pens**



**Unfamiliar
chargers**



Nosebleeds



**Coughing or
mouth sores**



**Wires, coils, and
atomizers**



**Unexplained
sweet scent**



**Excessive throat
clearing**



**Empty e-liquid
pods**



Abdominal pain



Positive Effects of Quitting



**Boost of
Confidence**



Enhanced Focus



**Improved Mental
Health**



**Better
Environment**



More Money



**Stronger Athletic
Ability**



Spotting Vape Products



Spotting Vape Products



Spotting Vape and Emerging Nicotine Products



Vaping Lingo Dictionary

Blanks: empty cartridges that a user can fill with e-liquids of any flavor.

Cartridge, Cart: a refillable vape juice container.

Clone: a knock-off an original e-cigarette device that's typically less expensive.

Clouds: the vape mist that's produced during vaping.

Source: [TruthInitiative.org](https://truthinitiative.org)



DELAWARE HEALTH AND SOCIAL SERVICES
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Vaping Lingo Dictionary

Fiend, Fiending: someone who's always trying to find nicotine.

Ghost: a vape trick where the user will not exhale the vapor to show toughness.

Hit, Dab, Rip, Drag: a single “puff” from a vape device.

Greening: throwing up after hitting THC.

Source: [TruthInitiative.org](https://truthinitiative.org)



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Vaping Lingo Dictionary

Nic: nicotine.

Nick Sick: non-specific symptoms of exposure to nicotine.

Rip It: vaping as much as a user can tolerate.

Throat Hit/Kick: tingling feeling in the throat when e-liquids contain nicotine.

Source: [TruthInitiative.org](https://truthinitiative.org)



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Vaping Lingo Dictionary

Vape Nation: a group of vapors who identify with the vape culture.

Vapors Tongue: taste buds that have become desensitized.

Zero, Stealth Mode: not releasing the vapor to hide their use.

ZYN: nicotine pouch brand that allows nicotine to be absorbed through the mouth.

Source: [TruthInitiative.org](https://truthinitiative.org)



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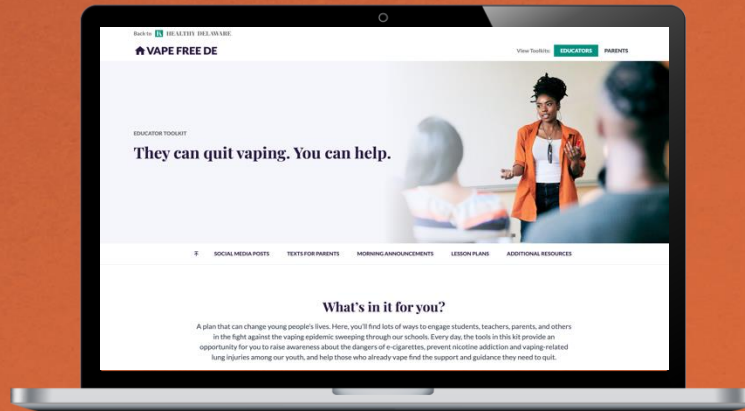
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Vape Free DE: Educators

On VapeFreeDE.com, you'll find materials like:



Organic social media
graphics and copy



Posters, flyers, and palm cards to
display and distribute



Educational Curriculums: Downloadable
lesson plans, activities, and anti-vaping.



Vape Free DE

FOR EDUCATORS & PARENTS

Help Yourself Help Them

Parents and educators have their own sets of challenges and priorities when it comes to teen vaping and e-cig use. Here, you'll find knowledge and resources that can equip you to talk, learn, and do something about it - and protect the teens in your life from the dangers of vaping.



For Educators

Guides, resources, and even curriculums to help you engage students, other teachers, and parents in the fight against the teen vaping epidemic.

[VIEW EDUCATOR TOOLKIT](#)



For Parents

Stay in the know about the facts and dangers of vaping, why teens do it, how you can spot it, and how you can help your teen escape the influence.

[VIEW PARENT TOOLKIT](#)



Live Vape Free Cessation Program

- Personalized quit plan
- Engaging lessons
- 24/7 text support
- Free nicotine replacement therapy (NRT) kit for those 18 and older



Download [here](#).





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Supporting Students

**Vaping is addictive.
When a student is
caught vaping, we
should shift from
discipline to support.**

- Teachers should report the incident to school administrators
- Administrators should take the next steps in addressing the situation
- Provide them with access to the LiveVapeFree.com program and materials
- Initiate productive conversations about quitting, without judgment



Supporting Students



How to Talk About Vaping

LIVE VAPE FREE

Having trouble talking to your teen about vaping? Use this guide to help **make communicating a bit easier.**

Conversation Dos and Don'ts

When thinking and having conversations about vaping with your child, keep the following dos and don'ts in mind:

- **Do** observe and listen: Giving your child space to speak his or her mind will likely lead to a more fruitful conversation. If your kid feels like you're listening and not judging, he or she may open up and allow the conversation to unfold naturally. Your job is to be open to what your child is saying, not interrupt, and respond accurately when he or she asks you a question.
- **Don't** lecture, explain, or blame: Conversations rooted in these types of things are sure to end before they really begin. Your child might give you an eye roll, tune you out, or get flustered and leave.

Less Is More

Instead of inundating your child with facts and questions, be calculated by pacing the conversation and being strategic about the information you share. Because you'll likely need multiple conversations to address vaping with your child, take each exchange as an opportunity to share one or two nuggets of information, then spend the rest of the time listening. The more you listen, the more likely your child will be to ask for your thoughts.

Approach the Conversation with Curiosity

The questions you ask and how you ask them make a big difference in the success of the conversation. Instead of asking "Did you vape at the party?" consider "How does vaping show up in your life?" Asking open-ended questions like this (i.e., questions that require more than a simple yes or no response) will allow your child to express himself or herself. Such questions will also show your kid you care. In addition, approaching the conversation with curiosity allows your child to see a "healthy" decision for himself or herself and come to a conclusion that aligns with his or her values.

Practice Actively Listening without Judgment

Just let your child talk, pay attention to the details, and don't interrupt. If you're someone who traditionally cuts in, your child might see this as some sort of test. But, over time, if you keep listening, he or she may share the whole story. And if that happens, don't overreact. Instead, ask an open-ended question again, perhaps something like this: "How did trying vaping make you feel?"



Here are some questions that you might have:

How are students hiding their devices?

Vaping devices are often designed to be discreet and can look like everyday items, such as pens or USB sticks, making them easy to use in classrooms and hallways without being noticed.

What is the best way to handle student

vaping incidents? The American Lung Association recommends that schools focus on providing students with support to quit rather than relying on punitive policies like suspension.

How can schools better protect students?

Beyond classroom education, schools can enforce tobacco-free policies, offer cessation programs, and provide students with healthy coping strategies for stress.

What educational resources are available

for teachers? Provide them with access to the LiveVapeFree.com program and materials. Organizations like the CDC and FDA offer age-appropriate lesson plans, activities, and conversation cards for educators to use in the classroom.





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Thank you!



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