

## OUR MISSION:

To enable all young people, especially the ones that need us most, to reach their full potential as productive, caring, responsible citizens.

### What is vaping?

Electronic cigarettes and other vapor products are used to heat and aerosolize liquid known as e-juice containing highly addictive nicotine and other substances that a person can inhale into their lungs. Vaping can slow brain development in kids and teens. It can affect memory, concentration, learning, self-control, attention, and mood

### Nursing Diagnosis:

Risk – prone health behavior related to vaping as evidence by, repeated use of e-cigarettes or exposure to environmental cues that encourage vaping.

### Short-Term Goal:

The teens were able to identify the risk and behavior that leads to and identify reasons for wanting to quit vaping by end of our presentation.

### Interventions:

Provide health education: Educate the individuals about the harmful effects of vaping, including the risks of respiratory problems, poor oral hygiene, addiction, and the effects of short-term and long-term health consequences.

### Evaluation:

After our presentation we had several students come up and ask several questions regarding vaping and they were engaged and seemed to receive the information well.

# Don't Inhale, Set Your Sail!



Community Partner: Boys and Girls Club Teen Center



Pictured Left to Right: Lexie Cribbs, Gianni Holguin, Emily Schultz, Grace Rowell, Deanna Green, Cheyenne Lowther, Sarah Toth

### Facts about Vaping:

- 12.7% (58,500) of HS students in Georgia currently smoke e-cigarettes
  - Male HS students were twice as (15.9%, 36,00) likely to smoke e-cigarettes than females (8.4%; 19,100)
- Vaping can irritate the lungs, throat, and eyes, and make it more likely to catch colds or other upper respiratory infections and/or diseases.



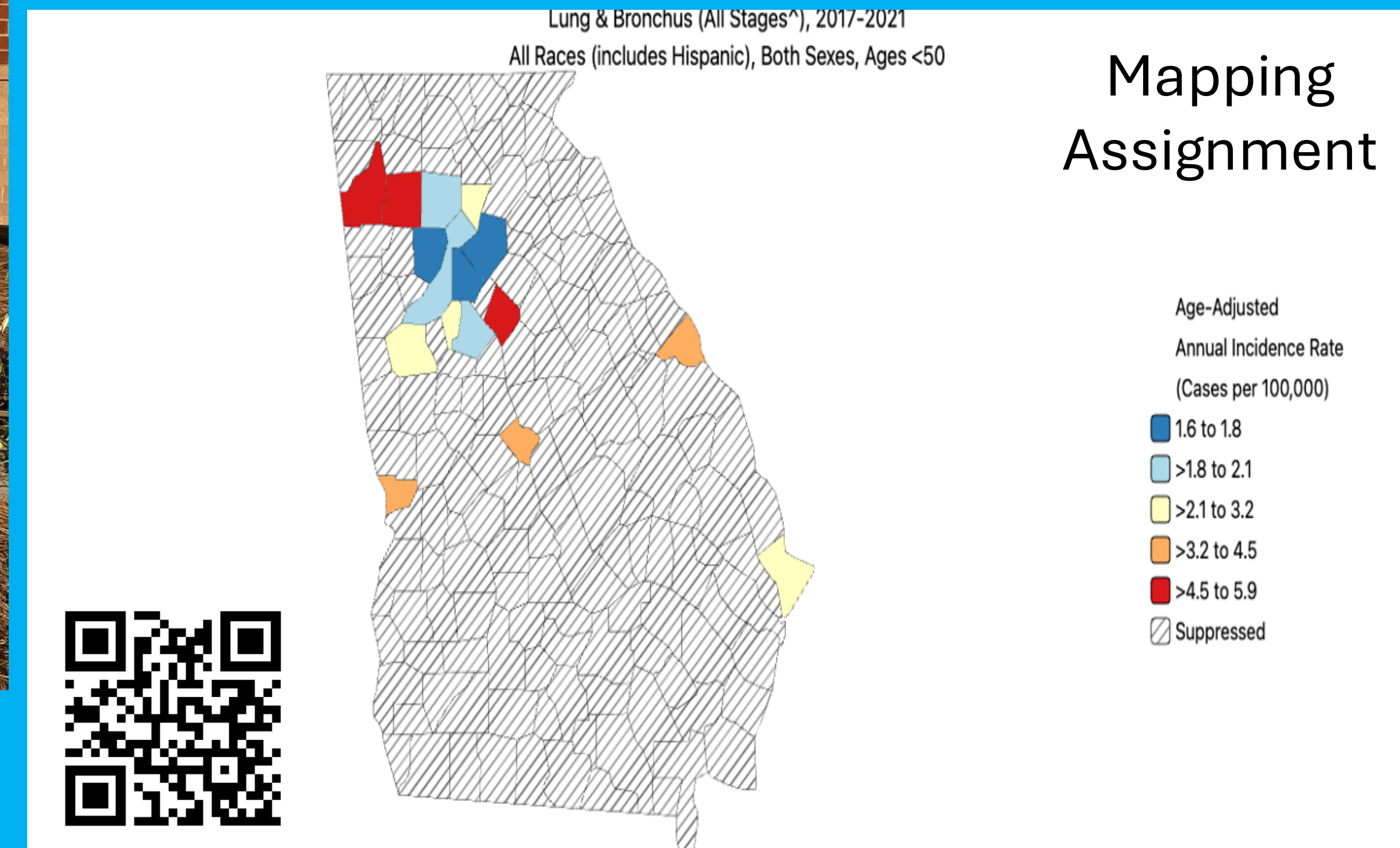
For teens facing a crisis or needing immediate support, the 988 Suicide & Crisis Lifeline is available 24/7 by calling or texting 988, or chatting at [988lifeline.org](http://988lifeline.org)

Faculty Sponsor: Tara Mosher  
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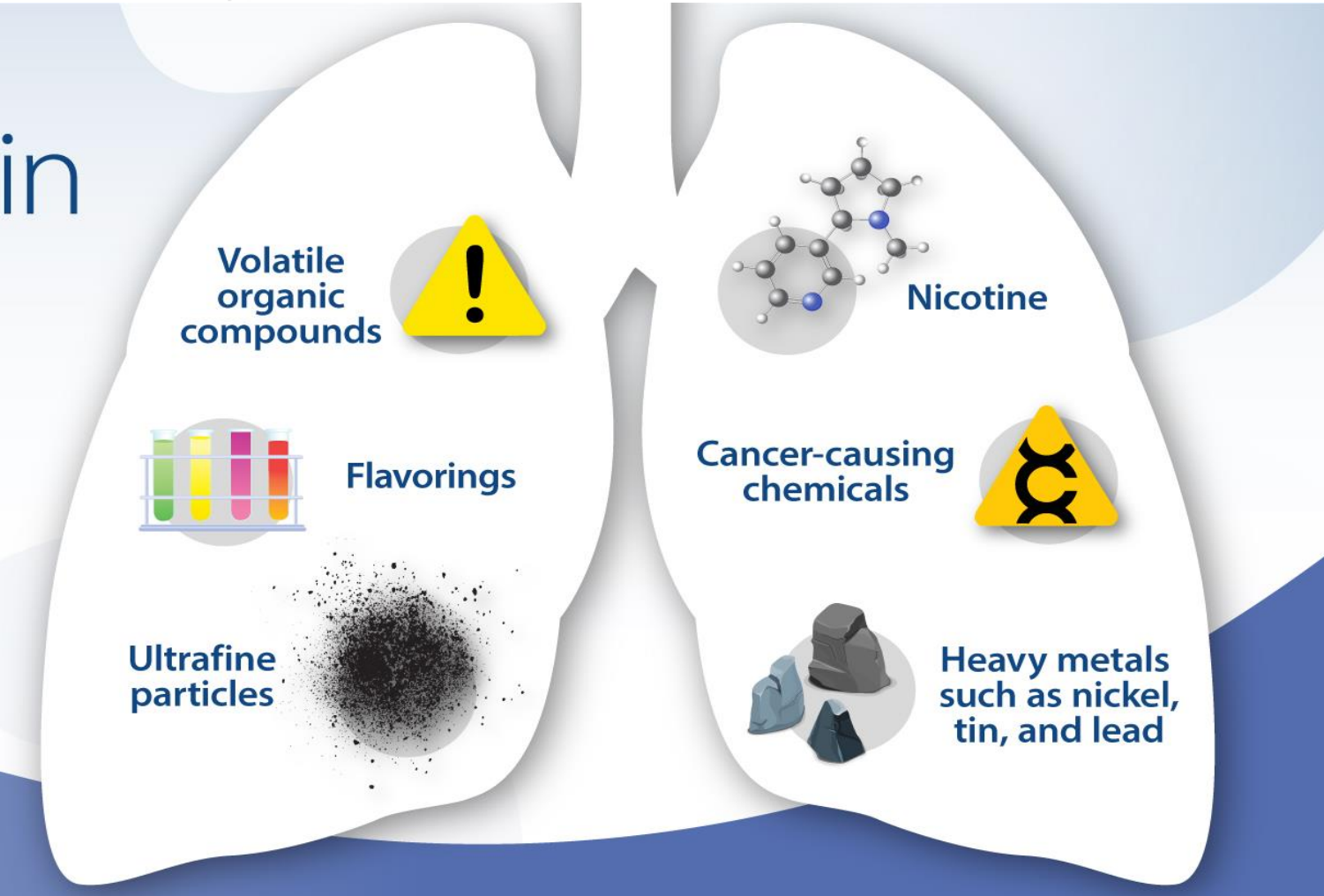


### Community Assessment:

Boys and Girls Club is fenced in with an outside playground. The teen center is surrounded by multiple resources including a hospital, public school, pharmacy, and a fire station that delivers fire and EMS services. All these resources can be found within a 5-mile radius.



### Substances in e-cigarette aerosol



Source: U.S. Surgeon General Report, 2016

CDC.gov/Vaping

**Ways to manage stress instead of grabbing a vape:**  
Stop and breathe; learn your anxiety triggers; steady your breathing; move your body (go for a walk); care for yourself; be present; decaffeinate; reach out to loved ones; accept life's ups and downs