

# SUCCESS

## MAINE TOBACCO PREVENTION

SUPPORTING LOCAL SCHOOLS SYSTEMS THROUGH PROFESSIONAL DEVELOPMENT EDUCATION ON THE DANGERS OF VAPING



### SUMMARY

"Nico-Teen & Brain Fog", a virtual presentation for Penobscot River Educational Partnership provides educators with vaping education/tools at their Spring Professional development day.



### NEED / ISSUE

Covid-19 restricts the ability to go into schools however, Bangor Public Health and Community Services (BPHCS) utilized ZOOM to continue engaging with schools about tobacco prevention in response to the increase in current e-cigarette use by teens in Penobscot County, from 14% in 2017 to 26% in 2019 (Maine Integrated Youth Health Survey), at the Partnership's request.



### INTERVENTION

Zoom and fun are not terms that are typically used in the same sentence anymore, however "Nico-Teen & Brain Fog" provided a fun chance to learn about vaping with a focus on the effects that it has on their students who may vape. Participants had a chance to identify electronic nicotine delivery systems using an interactive "I SPY" quiz, testing their knowledge about vaping by answering a variety of polls and leaving the webinar with new ways to address vaping among their students that included policy, prevention and treatment.

## WEBINAR OVERVIEW

The webinar began by polling the participants about their beliefs on vaping; the majority answered they did not know enough information about vaping at the time to answer appropriately. The 21 educators from multiple schools in Penobscot County, that participated in the webinar left the webinar feeling more confident in their knowledge about vaping with confidence to incorporate tobacco prevention in teachable moments. In addition participants left the webinar with Maine Quit Link treatment resources specifically for teenagers. The success of the webinar was so much that BPHCS was presented with the request to provide this webinar during virtual parent nights.

"CATCH My Breath is great educational resource that I use in my classroom"  
- Participant

"Thank you!  
This was Great!"  
- Participant

11 out of 16 polled, guessed that Ear Wax is not a vape flavor, when it actually is.



### Contact Information

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CITY OF BANGOR



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