

We've missed you – Healthy Androscoggin Staff Return to the Classroom

An In-person Vaping Presentation at East Auburn School for 6th Graders

Healthy Androscoggin conducted their **first in-person youth facing vaping presentation since fall of 2019**. Due to the COVID-19 pandemic all presentations had been virtual up until this point. In February 2022, Emily Dooling Hamilton and Rowan McFadden, Healthy Androscoggin staff, led the presentation: **Understanding Vaping, E-cigs and Tobacco**. This presentation, adapted from materials shared by Center for Tobacco Independence and Portland Public Health, covered **tobacco, nicotine, types of e-cigs, youth use rates, chemicals found in these products, health concerns, tobacco marketing and how to quit**.

Around 1 in 2 (**45%**) high school students in Maine **have ever used** e-cigarettes.

The presentation followed all CDC guidelines and protocols for COVID-19. A total of **22 sixth graders** participated in the presentation along with **two East Auburn staff members**.



Photo: HA staff member conducting the presentation

"Thank you so much for educating our 6th graders about the dangers and risks of vaping and tobacco use! Your presentation was engaging and so informative with great visuals and up-to-date/accurate data and facts. The presenters really tuned into the questions and topics students asked and wanted to know more about. I highly recommend this presentation for any 5th or 6th grade class." - East Auburn guidance counselor

During this presentation, the 6th graders learned about the various forms of tobacco, terms for and types of e-cigs- including Juul; youth use rates; effects on the developing brain and other health concerns; chemicals found in e-cigs; marketing techniques, and tips/tools for quitting.

This education is important for all youth because **nicotine and vaping can cause youth to develop dependence quickly**. We hope this presentation will **stop youth from initiating tobacco and nicotine use**.

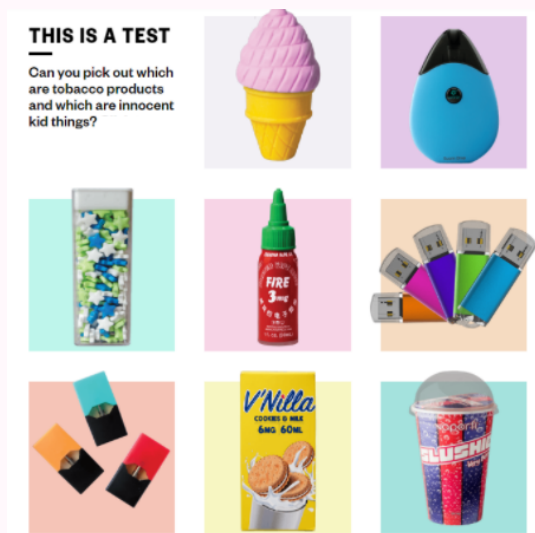


Photo: Screenshot of PowerPoint slide from vaping presentation

Contact Healthy Androscoggin for more information at info@healthyandroscoggin.org or 207-795-5990

