

# Social Emotional Wellness

## Vaping Education & Prevention



Welcome back to our new Social Emotional Wellness newsletter, brought to you by Diman Family Connection!

*In each newsletter we hope to highlight a hot topic to help support you with common challenges for students and families.*

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Did you know that 1 vape pod equals 20 cigarettes? While cigarettes may seem to be less of a concern today, vaping has proven to be an addictive product with the same dangers. There is even greater concern for young people who are vaping because their developing brains (that keep developing until their mid-20's!) make them more prone to addiction. Please see the below resources that include information on vaping dangers, prevention, and quitting.

### INFORMATION

- **Diman Direction Parent/Guardian Forum: Vaping 101 (2/15/23)**
  - [Video of presentation](#)
  - [PowerPoint of presentation](#)
- **[Facts and Information about Vaping](#)** – various brochures and fact sheets to help you gather more information on vaping

### VIDEOS

- [Vapes and Cigarettes: Get the Facts](#)
- [“Bad Taste” Facts. No Filter](#)
- [“Confusion” Get Outraged! Vaping Campaign for Parents](#)
- [Get the Facts about Quitting Smoking and E-Cigarettes](#)

### HOW TO QUIT

- [My Life My Quit](#)
- [This is Quitting](#)

Please feel free to reach out to School Adjustment Counselor, Michaela Gagne, at [mgagne@dimanregional.org](mailto:mgagne@dimanregional.org) with any questions, comments, concerns, or topics you would like to explore!

Visit the [Diman Family Connection](#) website for more information on Diman, community resources, parent trainings, and various additional supports!



Visit the [Diman Direction Facebook Page](#) for information on community events and resources, employment, and so much more!

