





Nicolás Polanco
Doctor/Latino Connection

YOUR CHILD IS VAPING. NOW WHAT?

Tips For Parents & Caregivers



Vaping and nicotine are not safe. It's not just water vapor.

Nicotine impacts the development of young brains. Use of nicotine can lead to addiction and put your child at risk for developing other addictive behaviors (e.g. social media addiction, gambling, alcohol, and other drugs). Vaping can also impact academic performance, sleep, and mental health.

Vape aerosol also contains heavy metals (lead, nickel, cadmium, tin), cancer causing agents (acetaldehyde and formaldehyde), food additives not meant for inhalation (flavorings, propylene glycol, vegetable glycerin), and other substances that inflammation and lung damage (acrolein, diacetyl, diethylene glycol). Empower yourself and your child to protect their health and well-being.



Is Your Child Smoking or Vaping? Recognize the Signs

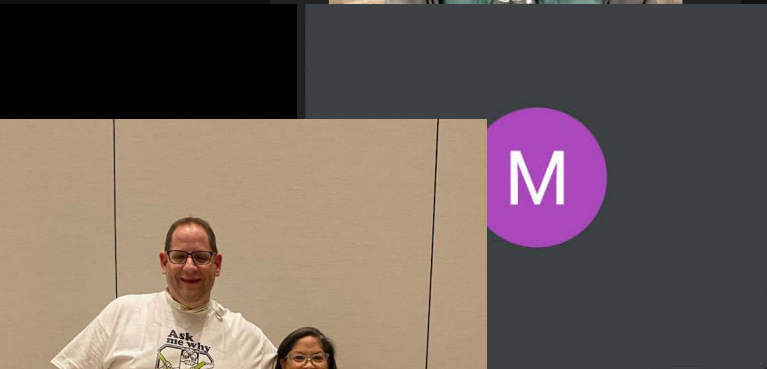
- Frequent visits to the bathroom.
- Persistent different scents in their bedroom or the use of air fresheners to mask smells.
- Keeping the bedroom door locked.
- Reluctance to let you touch their belongings.
- Odd devices or plastic parts laying around.
- Unusual coughing.
- Mood swings without a specific reason.
- Sudden changes in the amount of spending money.



Initiating the Conversation: How to Talk with Your Child

- Choose a calm and non-confrontational setting.
- Be open and non-judgmental.
- Ask open-ended questions to encourage communication.
- Share your concerns and observations.
- Listen actively to your child's perspective.
- Understand that this is a common situation and stay calm.
- Be willing to offer and find professional help.

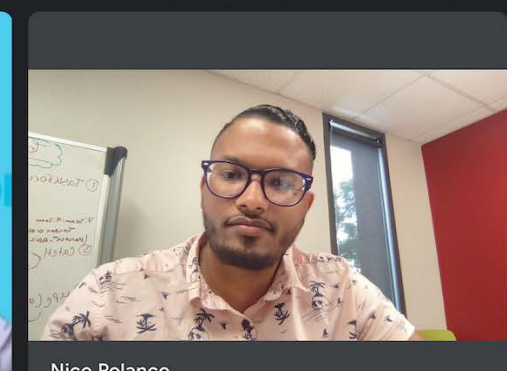
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Raquel Huggins



Eric Rothermel



Nico Polanco

Overview

In October, we had our first meeting of the Advocates for Tobacco & Vape-Free Communities (FKA: Tobacco-Free Minority Ambassador Task Force), attended by around twenty individuals from various sectors across Pennsylvania. Most attendees were from outside the traditional tobacco control sphere, bringing a diverse range of perspectives. This task force serves as a think tank. In our initial meeting, we provided an overview of the tobacco and nicotine prevention landscape in Pennsylvania and engaged in a brainstorming session, asking participants how nicotine and tobacco impact their daily lives in order to start thinking about different and creative solutions based on their perspectives and lived experiences.



Focus Areas

First, the need to educate parents about vaping, especially as many parents are unaware of what vapes look like and the information is even less accessible to non-English speakers. We created a one-pager document on educating parents about vaping, translated it into Spanish, and developed an infographic for social media, which we have shared at every event since its creation. We also collaborated with Little Justice Leaders (LJL), an organization that provides social justice education for young people, to distribute these materials and enhance our outreach efforts. Additionally, we created an educational video with LJL to further spread awareness about the environmental dangers of vaping.

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Is Your Child Smoking or Vaping? Recognize the Signs

Initiating the Conversation: How to Talk with Your Child

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• Text-Based Support
This is Quitting — Text DITCHVAPE to 88709

For more information on vaping and tobacco prevention programs contact Dr. Nicolas Polanco at npolanco@latinoconnection.org

SU HIJO ESTÁ VAPEANDO. ¿Y AHORA QUÉ?
Consejos para Padres y Cuidadores

El vapeo y la nicotina no son seguros. No es sólo vapor de agua.

La nicotina afecta el desarrollo de los cerebros jóvenes. El uso de nicotina puede provocar adicción y poner a su hijo en riesgo de desarrollar otras conductas adictivas (por ejemplo, adicción a las redes sociales, aditivos alimentarios que no deben inhalarse (aromas, propilenglicol, glicerina vegetal) y otras sustancias que provocan inflamación y daño pulmonar (acroleína, diacetil, dietilenglicol). Empoderese usted y a su hijo para proteger su salud y bienestar.

El aerosol de dispositivos de vapeo también contiene metales pesados (plomo, níquel, cadmio, estaño), agentes cancerígenos (acetaldehído y formaldehído), aditivos alimentarios que no deben inhalarse (aromas, propilenglicol, glicerina vegetal) y otras sustancias que provocan inflamación y daño pulmonar (acroleína, diacetil, dietilenglicol). Empoderese usted y a su hijo para proteger su salud y bienestar.

- Visitas frecuentes al baño.
- Olores persistentes diferentes en su dormitorio o el uso de ambientadores para enmascarar los olores.
- Mantiene la puerta del dormitorio cerrada con llave.
- Retenencia a dejarle tocar sus pertenencias.
- Escuche activamente la perspectiva de su hijo.
- Comprenda que esta es una situación común y mantenga la calma.
- Está dispuesto a ofrecer y encontrar ayuda profesional.

¿Su Hijo Fuma o Vapea? Reconozca las Señales

Inicia la Conversación: Cómo Hablar con su Hijo

latinoconnection™ a COLOR&CULTURE catalyst

• Soporte Basado en Texto
Esto es Dejar de Fumar Envía un Mensaje de Texto con la Palabra DITCHVAPE al 88709

Para obtener más información sobre programas de prevención de vapeo y tabaco, comuníquese con el Dr. Nicolás Polanco a npolanco@latinoconnection.org

Focus Areas

Second, we highlighted the importance of involving juvenile judges in tobacco prevention efforts. Recognizing that juvenile judges interact directly with at-risk youth, we aim to provide them with resources and information to better address tobacco-related issues within the juvenile justice system. We are in the process of attempting to meet with them to discuss our initiatives and have applied to present our findings at the National Youth Advocacy and Resilience Conference.



Third, we recognized the necessity to understand the reasons behind youth interest in vaping, particularly whether motivations differ among racial groups. While we initially considered creating focus groups to explore this, we are now contemplating developing a campaign that will be informed by focus group data.

Who we are

Latino Connection assigned Tobacco Project Coordinator, Nicolas Polanco, Senior Communications Counsel, Tracy Pawelski, and Senior Project Manager and Certified Tobacco Treatment Specialist, Sean McCormick, to this project.

Nicolas and Sean bring tobacco prevention and control and community engagement expertise, experience in bringing together stakeholders and leaders in public health, medicine, social services, education, government, nonprofits, academia, and community groups. Tracy is a powerhouse of private and public sector know-how, formerly VP of external communications for a grocery retail leader and communications director for Pennsylvania's largest state agency, and is recognized for public relations, reputation management, corporate responsibility, and community engagement strategies.

Together, this staff brings the needed constellation of skills and experience to ensure success of the Task Force moving forward.



30
MEMBERS

FROM

15
ORGANIZATIONS

IN

6
COUNTIES

LGBTQIA+ STRAIGHT
WHITE BLACK LATINX
GEN X MILLENNIAL GEN Z



Goals

The Tobacco Free Minority Ambassadors Statewide Task Force, led by Latino Connection, aims to address the critical issue of tobacco and nicotine use prevention within minority communities across Pennsylvania. By bringing together professionals across sectors, we can leverage our collective expertise and resources to make a significant impact.

Flyer Distribution

"Your Child is Vaping. Now What? Tips for Parents & Caregivers"

 Social Media
FEB 2024

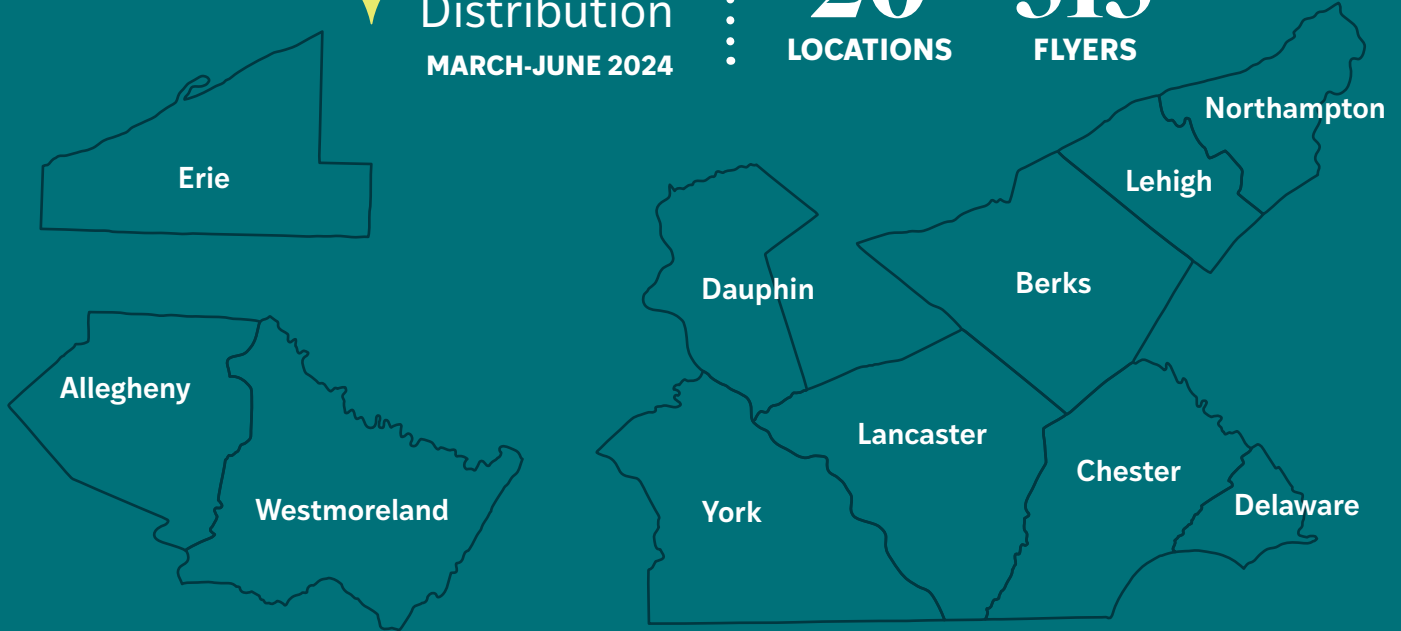
20 REACTIONS 13 SHARES

 Email
MAY 2024

Little Justice Leaders (4,560 subscribers)
Reading School District (15 schools)
Lincoln Charter School (267 students/parents)

 In-Person Distribution
MARCH-JUNE 2024

20 LOCATIONS 515 FLYERS



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E-cigarettes are getting teens addicted to nicotine | Opinion

Updated: Apr. 21, 2024, 8:58 a.m. | Published: Apr. 21, 2024, 8:57 a.m.



Mayor Eric Adams and New York City Corporation Counsel Sylvia O. Hinds-Radix announce that the City of New York has filed a lawsuit against 11 wholesalers for their part in the illegal sale of flavored disposable e-cigarettes. City Hall. Thursday, April 4, 2024. (Ed Reed/Mayoral Photography Office)

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By [Guest Editorial](#)

By Dr. Nicolas Polanco

You see them everywhere. Single use e-cigarettes, also known as vapes, and their non-recyclable cartridges discarded next to the cigarette butts that litter our neighborhoods. These e-cigarettes are simply the newest vehicle to get thousands of Pennsylvania children and teens addicted to nicotine, altering their brains, emotions, and

Op-Ed

E-cigarettes are getting teens addicted to nicotine

By Dr. Nicolas Polanco



Interview

Desastrosos efectos del vapeo en los pulmones

Jose Peguero TV



👁️ 400 views

👍 22 likes



**Featured on
Instagram**

4,768 likes

261 comments

7,942 shares

185K views



We are excited to continue our efforts next year, building on the foundation we've established and working towards innovative solutions to reduce tobacco use in minority communities.

