

E-cigarettes—also known as vapes and juuls—are now the most commonly used tobacco product among American youth.

There is a widespread—and mistaken—assumption that vapes are safe. While they may be a less lethal alternative for persons already addicted to nicotine, vapes are not safe for youth, young adults, pregnant women, and adults who do not currently use tobacco products.



### Consider these facts from the Centers for Disease Control:

- According to a recent study, about 1 of every 6 high school students used e-cigarettes in the past month. More than a quarter of youth in middle and high school have tried e-cigarettes. Although the devices are illegal for minors to purchase, young people can easily buy them online.
- Research has found that youth who use a tobacco product such as e-cigarettes are more likely to go on to use other tobacco products like cigarettes.
- Many e-cigarettes contain nicotine, which is highly addictive. The devices can also be used to deliver other drugs, including marijuana, opiates, and synthetics.
- The brain is the last organ in the human body to develop fully. Brain development continues until the early to mid-20s. Nicotine exposure during adolescence can disrupt the growth of brain circuits that control attention, learning, and susceptibility to addiction.
- The effects of nicotine exposure during youth and young adulthood can be long-lasting and can include lower impulse control and mood disorders.
- The nicotine in e-cigarettes and other tobacco products can prime young brains for addiction to other drugs.

## How NDCL will address vaping

Because vaping violates school policy and poses health risks, NDCL has adopted the following approach to curtail this behavior:

- **We are a school, and education is what we do best.** Accordingly, we will educate our students, their parents, and our staff about the facts of vaping. We will rely on the Centers for Disease Control and other health experts for this information.
- **We will significantly increase our supervision of student restrooms**, which are the areas where vaping is most likely to occur because of the privacy they afford.
- **We will impose the following penalties if a student possesses or uses a vaping device at any time he or she is under the supervision of the school:**
  - The student will be brought to an administrator, who will require the student to call a parent to report the behavior. The administrator will participate in this call.
  - The vaping device will be confiscated and not returned to the student.
  - The student will be assigned to a minimum of five (5) after-school detentions. Harsher penalties, including Saturday School and suspension, may also be imposed.
  - The student will be restricted to a specific, supervised classroom during Lion Time for 15 school days.
  - A subsequent offense will result in expulsion.

By establishing clear expectations, defining specific procedures, and imposing significant consequences if necessary, we believe this approach reflects our mission to educate leaders who transform the world, starting with their own behavior first.