



STATE OF NEW JERSEY  
**DEPARTMENT OF EDUCATION**

A Memo from the New Jersey Department of Education

Date: July 5, 2019  
To: Chief School Administrators, Charter School and Renaissance School Project Leads, Directors of Nonpublic Schools  
Route To: Teachers, School Administrators, School Counselors, Social Workers, Student Assistance Coordinators, School Psychologists  
From: Carolyn J. Marano, Assistant Commissioner  
Division of Student Services

### **Important Message Regarding Teen Vaping and E-Cigarette Usage**

The use of vaping devices has been steadily gaining popularity among middle and high school youth. E-cigarettes, or electronic cigarettes, also known as electronic vaping devices or electronic nicotine delivery systems, are battery-powered devices that were originally marketed as an option for adult smoking cessation. However, as of the 2016 NJ Youth Tobacco Survey, vaping had surpassed the prevalence of conventional cigarette usage. Though the Food and Drug Administration recently issued new restrictions regarding the sale of vape products, vaping continues to present as a growing concern among youth.

There is a common misconception that vaping is safe. E-cigarettes are *not* safe for youth; most contain nicotine, which is highly addictive and harmful to adolescent brain development. It is important for consumers to know that even if the vape juice does not contain nicotine, the chemicals and metals contained in the flavoring can still pose a potential for harm.

Similar to traditional tobacco cessation efforts, prevention efforts and education is key. Many schools have already implemented prevention and education efforts for both parents and students. Below are links to resources that can assist districts in their efforts:

- [A Model Policy for a Tobacco-Free Environment](#) in New Jersey's K-12 Schools
  - Tobacco Free for a Healthy New Jersey, the New Jersey Department of Health's Office of Tobacco Free, Nutrition and Fitness, and the New Jersey Principals and Supervisors Association's Legal One have teamed up to create a policy toolkit that can be used to provide best practices, strategies and evidence-based programs.
- [Quick Facts](#) on the Risks of E-cigarettes for Kids, Teens, and Young Adults
- Know the Risks – [Frequently Asked Questions](#)
- Stanford Medicine – [Prevention Toolkit](#)
- [Become a Smokefree Teen](#)

For further information, please visit the NJDOE's [Alcohol, Tobacco and Drug Abuse webpage](#) or contact [ATOD@doe.nj.gov](mailto:ATOD@doe.nj.gov).

c: Members, State Board of Education  
Dr. Lamont O. Repollet, Ed. D., Commissioner  
NJDOE Staff NJ

Statewide Parent Advocacy Network  
Garden State Coalition of Schools  
LEE Group

