

January 18, 2019

Dear Parent/Guardian:

I am writing you today in an attempt to raise awareness and educate our families and students on the dangers of e-cigarettes. Recently, the U.S. Food and Drug Administration (FDA) has declared youth e-cigarette use as an epidemic.

E-cigarettes are battery powered devices that heat a solution of liquid nicotine, flavorings, and other chemicals creating an aerosol that is inhaled by the user. According to the Centers for Disease Control and Prevention, nicotine is addictive and has lasting consequences for youth brain development including impaired cognitive functioning and the development of addiction pathways in the brain.

As the landscape continues to change quickly, I am asking you to help us to educate and raise awareness about the dangers of e-cigarettes to protect our youth from possibly a lifetime of nicotine addiction. I have provided below the necessary resources to become more educated about this topic and I hope that you will work with us in having a conversation with your child or children in regards to the negative effects that e-cigarettes can have on their development.

In early January, students here at VCMS participated in a vaping presentation given by Kids Escaping Drugs. The presentation was well received by both students and faculty. My hope is to continue to educate not only our students but the entire community. Thank you for your continued support in trying to prevent this epidemic from affecting our students.

**Preventative Resources:**

- [Know the Risks - E cigarette & Young People \(U.S. Department of Health and Human Service\)](#)
- [E-cigarettes Shaped Like USB Flash Drives: Information for Parents, Educators, and Health Care Providers \(CDC\)](#)
- [Talk With Your Teen About E-Cigarettes. A Tip Sheet for Parents \(CDC\)](#)
- [Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults \(Centers for Disease Control and Prevention \(CDC\)\)](#)

Sincerely,

Max Pikula  
Assistant Principal  
Veronica Connor Middle School