

**FCD & ASAP of Vermont's  
Vaping & Marijuana Use  
April 4, 2019  
Lake Morey, Fairlee VT  
8- 4 P.M.**

As trusted adults in school communities, invested in the wellbeing of students, counselors, teachers, and other school staff can do much to strengthen and protect student health. FCD Prevention Works encourages school communities to engage their faculty, administration, and other staff – as vital prevention agents – in ongoing student substance abuse prevention education.

This one-day workshop will provide participants with the skills and knowledge they need to take an active role in substance abuse prevention. The presenter, an FCD Prevention Specialist, will orient participants to FCD's approach to substance abuse prevention, including:

- The health perspective of alcohol and other drug addiction
- Risk and protective factors of adolescent alcohol and other drug use
- The adolescent brain's relationship to substances
- The evidence-based social norms approach to prevention
- Current student use and behavior trends
- The merits of faculty informal intervention on student risks
- Ongoing, effective, comfortable, confident prevention conversations with teens
- Other important faculty roles in building a prevention climate in schools.

Additionally, the presenter will provide an in-depth focus on the following topics:

**Vaping**

Vaping is a drug-use practice that poses multiple health risks to young people, including but not limited to swift progression to the disease of addiction. This section will explore: 1) what electronic nicotine delivery systems or "ENDS" are, and what vaping is, 2) what the use of vapes does to the young body and mind, 3) how vaping compares to traditional cigarette and other drug use, 4) why persons, and especially young people, may choose to use vapes, 5) what addiction to vaping looks like, 6) what vaping cessation options can be most effective for youth, 7) and how adults who care can model and encourage healthy, non-vaping decisions among young people in their communities.

**Marijuana: How Harmless is It?**

Marijuana's reputation as a "soft" drug masks its potential for harm. This section discusses the effects of marijuana on metabolism, hormones, memory, and motivation, and it also looks at the social, emotional, and intellectual cost of marijuana use. Specifically, the section will explore risks of early use, how marijuana affects the brain, marijuana vaping, and the risks of combining marijuana with alcohol or other drugs.