Open Letter for Parents/Guardians

Dear Parent/Guardian:

You may have learned recently perhaps, for the first time, that your child was caught using vapes/e-cigarettes at school. You might be feeling a variety of emotions, including anger, sadness, disappointment, embarrassment, and concern for your child’s health and well-being.

The tobacco companies that make vapes/e-cigarettes are experts in manipulating young people into using these products. Oftentimes, youth do not know that these products contain nicotine, which is addictive and harmful to the developing brain, lungs, and circulatory system. Other ingredients, such as flavorings (e.g., mint, mango, and so on) are harmful to their lungs. Peer pressure is also a contributing factor to vape/e-cigarette use as many youth perceive these products to be harmless.

As a community, we are here to help you and your child. Instead of suspension, your child will be taking part in a mandatory Alternative to Suspension program called Healthy Futures created by the Tobacco Prevention Toolkit team at Stanford University School of Medicine. Your child will learn about the facts and harms of vapes/e-cigarettes and will receive resources on how to quit vape/e-cigarette use.

Included in this letter are several links to the Surgeon General’s Fact sheet and Parent Tip Sheet to help you continue the conversation with your child at home. You can also find more information in the Tobacco Prevention Toolkit (<http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html>).

Please note that we are here for you and your child. Do not hesitate to reach out to us with any questions or concerns. If you have more questions regarding this program or nicotine products, please call\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_or email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Thank you.

**Resources:**

National Quitline 1-800-QUIT-NOW (800-784-8669)

Surgeon General’s Advisory on E-cigarette Use Among Youth

<https://e-cigarettes.surgeongeneral.gov/documents/surgeon-generals-advisory-on-e-cigarette-use-among-youth-2018.pdf>

Parent Tip Sheet

<https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf>