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Drug and Alcohol Prevention

According to the Partnership for Drug-Free Kids (drugfree.org) "Vaping, drinking or using substances can damage the brain's wiring, increasing the likelihood of learning difficulties and physical and mental health problems during the teen years and well into adulthood."

If you are concerned that your student is using/abusing drugs and alcohol, please reach out to your school counselor for assistance and resources.

We hope you will find the following resources helpful, engaging, and empowering.

Recovery Resource Center

<https://recoveryresourcejeffco.com/>

A central point of information concerning substance abuse treatment. The center's staff and volunteers answer questions, initiate the treatment process, and make referrals as needed.

Electronic Cigarette Use

E-cigarette use poses a significant – and avoidable – health risk to young people in the United States. Besides increasing the possibility of addiction and long-term harm to brain development and respiratory health, e-cigarette use is associated with the use of other tobacco products that can do even more damage to the body. Even breathing e-cigarette aerosol that someone else has exhaled poses potential health risks.

Know the Risks: <https://e-cigarettes.surgeongeneral.gov/>

Medication Abuse

Prescription drug abuse is when someone takes a medication that was prescribed for someone else or takes their own prescription in a way not intended by a doctor or for a different reason - like to get high. This is a particular threat to children because prescription medications are readily available, easy to obtain, and possibly addictive.

Nationally, prescription medications are the most commonly abused drugs among 12-13 year olds.

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Vaping

The use of electronic cigarettes (e-cigarettes) is commonly referred to as vaping. Although there are hundreds of different brands and styles of e-cigarettes, they are each the same in use. They are battery-operated devices that have a cartridge, which holds a liquid solution. When a person puffs, the e-cigarette vaporizes the liquid, and the user inhales the vapor.

Vaping can cause damage to a person's lungs. In addition, these activities can also affect a person's immune system. Learn more about the dangers of teen vaping by reading the parent resource guide here. Learn more about the dangers of Teen Vaping by downloading the attached **parent resource** for your uses.

Learn more about vaping and the dangerous habit in our communities. E-cigarettes are electronic devices that heat liquid flavors and chemicals (e-juice). They create an aerosol, which is a mix of small particles that you inhale.

Click [here](#) for informational material from the American Cancer Society for more information.

Partnership for Drug-Free Kids provides these resources

How to Talk to Your Kids

Be Aware:

Vaping and E-Cigarettes

What is vaping?

- Vaping (or JUULing) is the use of e-cigarettes, a product that often contains nicotine and can also be used with marijuana and CBD. Vaping devices produce an aerosol when the inserted liquid is heated.
- E-cigarettes come in a wide range of sizes. Some look like cigarettes
- while others look like USBs or pens.
- They often smell of fruit or candy due to flavoring.
- Includes: Mods, vapes, e-pens, e-cigs, e-hookahs, JUULs, electronic nicotine delivery system (ENDS)

Who is vaping?

- Nationally from 2017 to 2018, e-cigarette use increased 78% among high school students and 48% among middle school students. 20.8% of high school students and 4.9% of middle school students reported e-cigarette use.
- Because devices are easy to conceal, they are often used in school bathrooms, locker rooms and even classrooms.

Vaping is relatively new so many teens do not know the risks. Some teens think it is only water vapor and do not know that one JUUL pod contains 200 “puffs” that is equivalent to as much nicotine as a pack of cigarettes.

What is the danger?

- Nicotine use can impair prefrontal brain development in teens, leading to attention deficit disorder and poor impulse control. Some e-cigarettes generate significant amounts of formaldehyde, a carcinogen.
- The vapor contains known carcinogens and toxins as well as potentially toxic metal nanoparticles from the vaporizer.
- Youth who use e-cigarette products are more likely to use cigarettes or other tobacco products and also leads to later use of marijuana.
- Nicotine is a highly addictive substance. Nicotine increases dopamine, rewarding the user and reinforcing the use of the drug leading to addiction.

Myths v. Facts7

Myth: It's Just Water Vapor

Fact: Vaping can expose the user's lungs to harmful chemicals like formaldehyde, diacetyl and acrolein, as well as toxic metal particles like nickel, tin and lead.

Myth: It's Just Flavoring

Fact: Vapes get their flavors from chemicals. While these flavorings are safe to eat in food, they're not safe to inhale. Inhaling flavor chemicals can harm your lungs.

Myth: I don't have an addictive personality —I won't get hooked on vapes.

Fact: Vaping delivers nicotine to the brain in as little as 10 seconds. A teen's brain is still developing, making it more vulnerable to nicotine addiction.

**For more information and resources for parents, like us on Facebook:
@Compact2020**

- ✓ Students must not install or download a computer program from any source outside the school without authorization from the principal/instructor.
 - ✓ Sending inappropriate messages and/or images via electronic communication devices or any other form of technology, whether personally owned or owned by the school district, at any time may result in serious school, personal, and/or civil or criminal legal consequences. There is an expectation of privacy in restrooms, locker rooms, and performance areas; therefore, cell phones or other recording devices are banned from use in these areas.
 - ✓ Any other offense in the use of technology the principal may deem falls in Class 2. Technology Acceptable Use Agreement can be found on the Hoover City Schools website at www.hcsell.com or a paper copy may be requested at the school.
- **THEFT (amounts equal to or less than retail value of \$250)** – The intentional taking and/or carrying away of property belonging to someone else without that person's express permission. Restitution will be required for theft of HCS property.
 - **TOBACCO – POSSESSION, SALE, AND/OR USE** – Unidentified substances intended to be used with electronic cigarettes and/or vapes may be classified as a drug and coded as a Class 3. (**POSSESSION AND/OR USE OF TOBACCO OR CBD PRODUCTS, INCLUDING LIGHTERS, MATCHES, ELECTRONIC CIGARETTES, VAPES, AND OTHER SIMILAR/RELATED PRODUCTS**)
 - **TRESPASSING** – Willfully entering or remaining in any Hoover City Board of Education structure, school bus, or school property without being authorized, licensed, or invited; or having been authorized, licensed, or invited, is warned by an authorized person to depart and refuses to do so or who remains in an HCS structure, school bus or on Hoover City School property without express permission of school authorities.
 - **UNAUTHORIZED COMMUNICATION DEVICE (such as cell phones, cell phone accessories including earbuds and headphones, computers, or wearable)** – Students are not permitted to use wireless/electronic devices at school without express permission from the school principal or designee.
 - **VANDALISM** – Intentional and deliberate action resulting in or having the potential to result in damages less than \$200.00 to public property or the real estate or personal property of another. Restitution for HCS property will be required.
 - **VERBAL ALTERCATION** – An argument between individuals which disrupts the learning environment or has the potential to create a violent situation.

- a. *Penalties for Violations* – In addition to any criminal penalties that may be imposed, the following penalties will be imposed for unauthorized possession of deadly weapons or dangerous instruments:
1. *Students*: Students will be disciplined in accordance with the Board's Code of Student Conduct.
 2. *Employees*: Employees will be subject to adverse personnel action, which may include termination.
 3. *Other Persons*: Other persons will be denied reentry to school property.
- b. *Notification of Law Enforcement* – The appropriate law enforcement authority, which may include the city police, county sheriff, and the local district attorney, will be notified by the principal or designee of violations of this policy. Reference: ALA> CODE 16-1-24.1 (1975); Ala. Admin. Code 290-3-1-.02 (1)(b)

4.2.3. Illegal Drugs and Alcohol

The use, possession, distribution, and sale of alcohol and the illegal use, possession, distribution, and sale of drugs in a school building, on school grounds, on Board property, on school buses, or at school-sponsored functions is prohibited.

- a. *Penalties for Violations* – In addition to any criminal penalties that may be imposed, the following penalties will be imposed for unauthorized possession of illegal drugs or alcohol;
1. *Students*: Students will be disciplined in accordance with the Board's Code of Student Conduct.
 2. *Employees*: Employees will be subject to adverse personnel action which may include termination.
 3. *Other Persons*: Other persons will be denied reentry to school property.
- b. *Notification of Law Enforcement* – The appropriate law enforcement authority, which may include the city police, county sheriff, and the local district attorney, will be notified by the principal or designee of violations of this policy.

- 4.2.4 Tobacco: The use of tobacco products and the illegal possession, distribution, and sale of tobacco products on school property is prohibited. For the purposes of this policy, "tobacco product" is defined



to include cigarettes, electronic cigarettes, vape pens, hookah pens, e-hookahs, vape pipes and any similar type of device designed to deliver nicotine, flavor, and other chemicals via inhalation, cigars, blunts, bidis, pipes, chewing tobacco, snuff and any other items containing or reasonably resembling tobacco or tobacco products. "Tobacco use" includes smoking, vaping, chewing, dipping, or any other use of tobacco products.

a. Penalties for Violations

1. *Students* – Students who violate the tobacco prohibition will be disciplined in accordance with the Board's Code of Student Conduct.
2. *Employees* – Employees who violate the tobacco prohibition will be subject to adverse personnel action, which may include termination.
3. *Other Persons* – Other persons who violate the tobacco prohibition may be denied reentry to school property.

b. Parental Notification – Parents and guardians may be notified of actual or suspected violations of the tobacco prohibition whether or not the student is charged with a violation of Board policy, which includes the Code of Student Conduct. Reference: ALA> CODE 16-1-24.1 (1975); Ala. Admin. Code 290-3-1-.02(1)(b)

4.2.5 Searches: Law enforcement agencies are permitted to make periodic visits to all schools to detect the presence of illegal drugs or weapons and may use any lawful means at their disposal to detect the presence of such substances. The visits will be unannounced to anyone except the Superintendent or designee and principal. Reference: ALA> CODE 16-1-24.1 (1975); Ala, Admin, Code 290-3-1-.02 (1)(b)

4.2.6 Drug and Alcohol Free Environment: All students, employees, volunteers, parents, visitors, and other persons are prohibited from possessing, using, consuming, manufacturing, or distributing illegal controlled substances and alcohol while on Board property or while attending any Board sponsored or sanctioned event, program, activity or function. Persons who are intoxicated or impaired by the use, consumption, or ingestion of any illegal controlled substance or alcohol are not permitted to be on school property, or to attend or participate in any Board sponsored or sanctioned event, program, activity, or function. Reference: ALA>CODE 16.1.24.1, 25-5-330 (1975)

4.2.7 Adoption of Statutory Penalties and Consequences: Persons who violate the Board's prohibition of firearms, weapons, illegal drugs, or alcohol will be subject to all notification, referral, suspension, placement, readmission, and other provision set forth in ALA. CODE 16-1-24.1 and 24.3 (1975).

