



Rupert A. Nock Middle School

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NEWBURYPORT PUBLIC SCHOOLS

Dear Nock Community,

Over the past several years school districts across the country have seen in an increase in student use of vaporizers/e-cigarettes. Here in Newburyport, the High School Youth Risk Behavior Survey found that 46% of our students reported having used an “electronic vapor product.”

Since vaporizer products are relatively new, many parents know little about what the products look like, how they are used, and the possible health effects. I think it is important that parents and guardians inform themselves about the products and begin to have conversations with children at home.

I have posted a slide show on the school website that was developed by the NHS nursing team. You will find useful pictures, health information, and descriptions of how vaporizers are used. There are many types of vaporizers on the market—and even more options for the liquids used in the vaporizer.

In Massachusetts you must be 18 to purchase e-cigarettes or vaporizers. Although research has not yet caught up with this new and relatively unregulated product, it is clear that the use of vaporizers by middle school students poses a health risk.

I encourage you to take some time to educate yourself on this emerging health concern.

Sincerely,

Lisa