

# THE CLFC FAMILY REUNION NEWS

THE *CREATING LASTING FAMILY CONNECTIONS* ®

QUARTERLY NEWSLETTER

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## CLFC Curriculum Series Developer Releases New Exercise for Youth on Vaping

Vaping has made national news lately for its potentially dangerous impact on a user's health. Many leading experts on substance use disorders are closely watching the rise of vaping, electronic cigarettes and other nicotine and THC delivery systems with concern about the long-term economic, political and intergenerational health effects on families, communities and society.

Therefore, Ted N. Strader, the *CLFC Curriculum Series* developer, has released a new CLFC exercise for youth ages 9-17 on Electronic Cigarettes, Vaping Devices and Other Nicotine and THC Delivery Systems.

The exercise involves the CLFC Trainer reading a series of true or false statements about e-cigarettes, vaping devices and other nicotine and THC delivery systems. Participating youth then respond whether they think each statement is true or false. Finally, the CLFC Trainer gives the correct answer along with additional related factual information. Below you will find a sample of this new exercise that will be included in a future edition of the youth CLFC module titled *Developing a Positive Response*, followed by a note and summary points that we find helpful to share with youth.

Sample statements from the new exercise:

2. E-cigarettes typically create harmless vapors. **False**  
They often contain nicotine, cancer-causing chemicals, volatile organic compounds, ultra-fine particles, nickel, tin, lead and other contaminants that have been linked to lung cancer and other lung disease.

5. E-cigarettes were first introduced and marketed as a helpful means to stop smoking regular cigarettes. **True**
6. Since 2017, e-cigarettes use has skyrocketed among youth and has been recognized as an epidemic by the US surgeon general. **True**

## End note and summary points for youth:

**Note to Youth:** If someone you know and care about uses tobacco products, e-cigarettes or vaping devices, you might wish to review the following information.

1. Even though using tobacco products, e-cigarettes or vaping devices may be harmful to one's health, some people use them anyway.
2. People who use tobacco products, e-cigarettes or vaping devices are not bad people.
3. Many people who use tobacco products, e-cigarettes or vaping devices may wish to stop but find it very difficult.
4. No one can make someone else stop using tobacco products, e-cigarettes or vaping devices. However, we may be able to share our feelings about this use.
5. It can be helpful to tell people who use tobacco products, e-cigarettes or vaping devices that you love them and are concerned about their health. It may not be helpful to argue, fight, or bring this issue up over and over again. Attempt to avoid sending repeated emotionally charged messages to someone who uses them. He/She may become defensive and angry.
6. To stop using tobacco products, e-cigarettes or vaping devices takes more than just deciding to stop. Many people need help and support to stop. Numerous unsuccessful attempts may be made at stopping before some people truly succeed in stopping for good.
7. People who use tobacco products, e-cigarettes or vaping devices are not necessarily going to suffer major health problems immediately. Yet, if they continue, they probably will suffer some health problems as a result of this use, or any other long-term addiction. Some people will experience serious consequences.
8. It is not your responsibility to make the user quit. You cannot control their behavior.
9. Some people can quit using tobacco products, e-cigarettes or vaping devices, but not everyone who tries is successful. It is helpful to attempt to provide support for stopping and compassion for their struggle to remain abstinent. You can recommend participation in an evidence-based treatment from a health provider.
10. You may want to avoid the use of tobacco products, e-cigarettes or vaping devices in your life.

### References and Resources

Quick Facts on the Risk of E-cigarettes for Kids, Teens, and Young Adults. (n.d.). Retrieved October 23, 2019 from [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)

All existing customers interested in getting this new version of the youth exercise, please contact us for a free copy. All others, please call for more information.

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