

# *Lynn Classical High School*

235 O'Callaghan Way - Lynn, Massachusetts 01905  
Main: 781-477-7404 Fax: 781-477-7212 Website: www.lynnclassical.org

**Amy Dunn**

Interim Principal

Anastasia Mower  
Interim Vice Principal

Dennis Thompson  
Vice Principal

Christopher Warren  
Vice Principal

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Dear Parents & Guardians,

This letter is to inform you of issues surrounding “vaping”/ “juuling.” (using e-cigarettes). Lynn Classical High School would like to share information about vaping with our parents & guardians. Vaping is a serious concern for teens across the country. There are misconceptions that it is a “healthy” alternative to smoking when in fact it carries its own risks. Please take a look at these resources and contact us with any questions.

## **Facts:**

- Purchase of these devices is prohibited in MA under the age of 21
- Several different substances can be inhaled through these devices:
  - PG(propylene glycol) and VG (vegetable glycerin) base, flavorings, and possibly **nicotine**
  - Dry herbs, often THC/**marijuana**
- Use also exposes the lungs to a variety of chemicals, including those added to e-liquids, and other chemicals produced during the heating/vaporizing process.
- “The aerosol from e-cigarettes is not harmless. It can contain harmful and potentially harmful chemicals, including nicotine; ultrafine particles that can be inhaled deep into the lungs; flavoring such diacetyl, a chemical linked to a serious lung disease; volatile organic compounds such as benzene, which is found in car exhaust; and heavy metals, such as nickel, tin, and lead.” e-cigarettes.surgeongeneral.gov
- Teens are at higher risk for vaping/nicotine use to affect the development of brain circuits that control attention and learning, as well as the development of mood disorders and issues with impulse control.

**Below are photos of different kinds of vaping devices:**



- References: National Institute on Drug Abuse; Public Health Law Center; New York Post; Vaping Daily;

If you have any questions or concerns related to this issue, please feel free to contact your child's guidance counselor, our social worker, nurses or the administrative team.

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Ms. Tessie Mower, Assistant Principal – [mowera@lynnschools.org](mailto:mowera@lynnschools.org)  
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Or call the guidance office and speak to your student's guidance counselor at 781-477-4704 ext. 2222

Please check out the Center for Disease Control (CDC) website for more information about vaping concerns and teens.

- <https://www.cdc.gov/features/ecigarettes-young-people/index.html>
- <https://www.cdc.gov/vitalsigns/ecigarette-ads/index.html>
- <https://e-cigarettes.surgeongeneral.gov/>

This link is to a recent New York Times article (November 2018) – “The Price of Cool; A Teenager, a Juul and Nicotine Addiction” <https://www.nytimes.com/2018/11/16/health/vaping-juul-teens-addiction-nicotine.html>

Thank you for partnering with us on this important topic of public interest. We will continue to work to educate our students in all aspects of adolescent development.

Best wishes,

Amy Dunn  
Principal

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