

Clearing the Air: Teen Vaping Epidemic

Chloe Ahrens, Madison Kuhns, Adria Long

Sidney Chapter
Sidney High School
Sidney, Nebraska

Digital Stories for Change
Level 3



NEBRASKA



FCCLA Planning Process Summary Page Template



(This template may be modified, but all headings must be used in the correct order. The FCCLA logo, STAR Events logo, and Planning Process graphics are encouraged but not required.)

IDENTIFY CONCERNS



Vaping amongst teens and even younger children is on the rise. Vaping has significant health concerns and affects schools, families and communities across the country. Some vape users are not aware of the risks and don't realize just how addicted they are.

SET A GOAL



To inform and influence the younger generation on the long-term health concerns of vaping. We also hope to shed light on just how big of a problem this is in America, especially in our high school in a small rural Nebraska community.

FORM A PLAN (WHO, WHAT, WHEN, WHERE, HOW, COST, RESOURCES, AND EVALUATION)



who: our video will reach an audience of all backgrounds, races, ages and ethnicities. But our hope is that it greatly impacts youth in our community from the ages of 12-20

what: inform and influence the younger generation on long-term health concerns of vaping and to highlight just how bad it is amongst our generation and in our school

when: we will interview students, teachers, community leaders and professionals beginning in September and will continue until we have enough information and content to complete our video in time for submission on February 1, 2024

where: we will be speaking to students in our middle school and high school, teachers from our middle school, high school and elementary schools and community leaders and professionals. The final video will be posted on our school website (sidneyraiders.org).

cost: \$0

ACT



- + we will determine a problem in our school or our community
- + we will begin by determining a list of people to speak with and interview for our video
- + we will interview a variety of people to collect an adequate amount of data to be used in our video to provide a good representation of our school, our students and our community
- + we will work with our advisors to ensure we are meeting project expectations
- + we will work with school administrators to get the video posted to our school website
- + we will hold an assembly with our middle school and high school students to show the video and talk more about the negative health effects of vaping

FOLLOW UP



We hope this will have a significant impact in our school and in our community. We hope to inspire our classmates to make better decisions related to their health by choosing to quit vaping and encouraging others to do the same.

The Following Users Have Been Emailed: Madison Kuhns (madison.kuhns@raidermail.org), Mrs. Lacey Russell (lacey.russell@raidermail.org)
Subject: 2023-2024 STAR Events Online Project Summary Form
Email Body:



EVIDENCE OF PROJECT SUMMARY SUBMISSION

Thank you for completing the project summary form for your STAR Event. To receive the point for submission, print this email and have your adviser verify by signing and dating below for inclusion in a display, file folder, or portfolio. **One survey per entry is required.**

Chapter Name: Sidney High School FCCLA - 22727

State: Nebraska

Members: Chloe Ahrens, Madison Kuhns, Adria Long

Event Name: Digital Stories for Change

Level: Level 3 (grades 11 and 12)

Project Title: Clearing the Air: Teen Vaping Epidemic

Adviser's Signature

Lacey Russell

Date

1-24-24

Project Summary

Purpose of the Project

Vaping amongst teens and even younger children is on the rise. Vaping has significant health concerns and affects schools, families and communities across the country. Some vape users are not aware of the risks and don't realize just how addicted they really are. Vaping is a major issue in our school district and in our small community.

When we were deciding which STAR project to complete this year, we immediately knew this was a project that could greatly impact the families in our community. With the creation of this video, we are demonstrating our knowledge, skills and abilities to actively identify an issue concerning families, careers, or communities and to develop a digital story to advocate for positive change. Vaping is an epidemic that greatly affects all of these and we created this video in an effort to shed light on just how many young adults are vaping and the risks associated with vaping.

Relationship to Areas of Family and Consumer Sciences

Vaping can relate to Family and Consumer Sciences (FCS) in several ways:

1. Health Education: FCS often includes health education as part of its curriculum. Vaping and its impact on health, including its potential risks and effects on the body. This education can help individuals make informed decisions about their health and well-being.
2. Consumer Awareness: FCS also addresses consumer issues, including awareness of products and their impact on individuals and families. Vaping products are consumed goods, and understanding their composition, effects, and potential risks is important for consumers to make informed choices.
3. Family Dynamics: FCS may explore family dynamics and relationships. Vaping can affect family dynamics if a family member vapes, leading to discussions about how this behavior impacts the family and how to address any concerns that may arise.
4. Addiction and Substance Abuse: FCS may cover topics related to addiction and substance abuse. Vaping, especially among young people, has raised concerns about nicotine addiction and substance abuse. Educating students about the risks of addiction associated with vaping can be part of FCS programs.

Overall, vaping intersects with FCS in areas such as health education, consumer awareness, family dynamics, and addiction/substance abuse education. Addressing vaping in the context of FCS can provide students with valuable knowledge and skills to make healthy choices for themselves and their families.

Relevant Research

We interviewed 15 students in grades 7-12 from Sidney Middle School and Sidney High School. We asked them a variety of questions relating to their vaping usage. We also interviewed school principals, medical professionals and law enforcement professionals.

Works Cited

- YouTube: Home, 9 November 2017, <https://youtu.be/U-eoWTH96KA?si=3v725zFs4qwN8UtO>. Accessed 17 December 2023.
- Baillie, Katherine Unger. "The dangers of vaping | Penn Today." Penn Today, 25 September 2019, <https://penntoday.upenn.edu/news/dangers-vaping>. Accessed 17 December 2023.
- "Straight talk about vaping for parents » Health Outcomes & Biomedical Informatics » College of Medicine » University of Florida." UF HOBI, 10 March 2021, <https://hobi.med.ufl.edu/2021/03/10/straight-talk-about-vaping-for-parents/>. Accessed 17 December 2023.
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