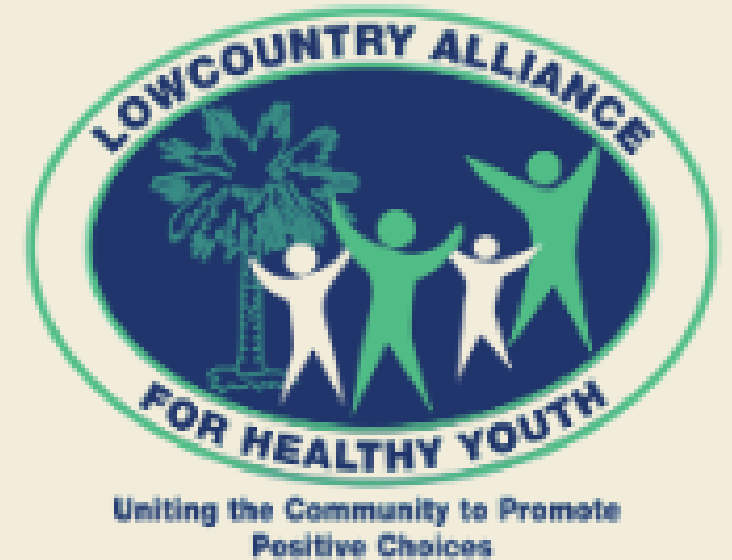


TEENS FOR HEALTHY YOUTH

E-CIGARETTE PREVENTION THROUGH THE YEARS



“It’s All in the Strategy”



PRESENTED BY
Ashlyn Elrod
Aviana Stevens

Escape the Haze: Facts Over Fumes Youth Summit
April 30, 2025
The River Center at Saluda Shoals
Columbia, SC

Teens for Healthy Youth (THY)



The mission of Teens for Healthy Youth (THY) is to promote positive teen health through:

- Leadership
- Positive Youth Development
- Peer-to-Peer Education
- Advocacy
- Community Service

Teens for Healthy Youth (THY)

Teens for Healthy Youth is
in 6 area high schools in
Southern Beaufort County:

- Bluffton High School
- Cross Schools
- Hilton Head Christian Academy
- Hilton Head High School
- Hilton Head Prep
- May River High School

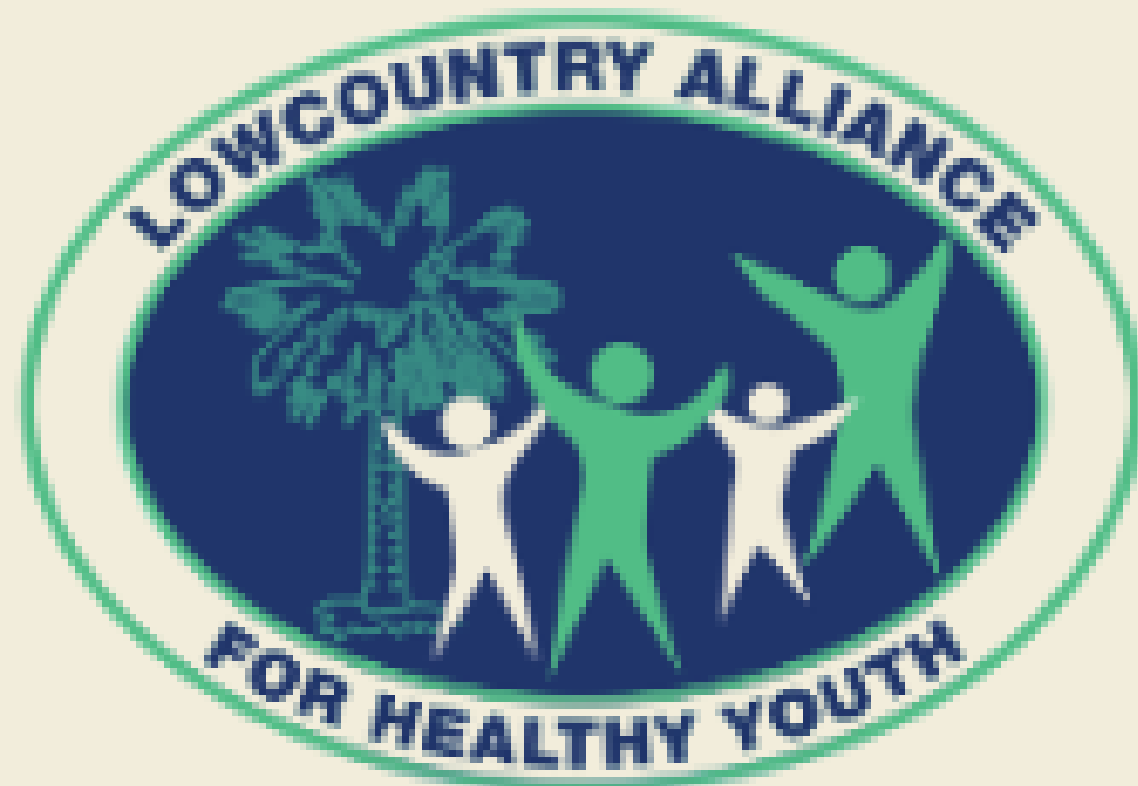
THY Induction Ceremony 2024-2025 Academic School Year



Teens for Healthy Youth work to prevent youth substance use and related risk behaviors

- Depression
- Teen Dating Violence
- Bullying/Cyberbullying
- Internet Safety
- Stress and Anxiety
- Motor Vehicle Accidents
- Violence
- Social Media Usage
- And Much More!





Uniting the Community to Promote
Positive Choices



"Promoting Positive
Teen Health"

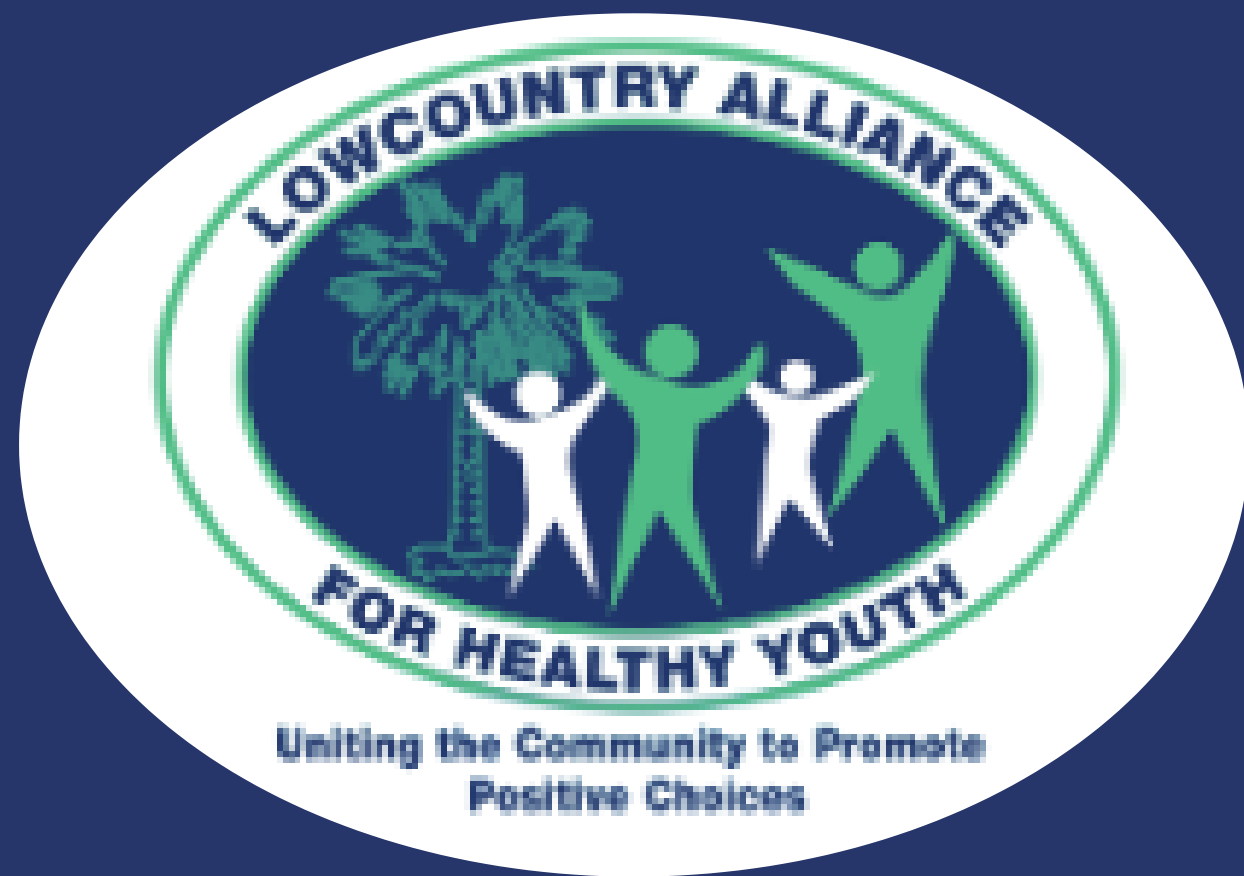
**TEENS FOR HEALTHY
YOUTH (THY)
IS THE
LOWCOUNTRY
ALLIANCE FOR
HEALTHY YOUTH'S
(LCAHY) YOUTH
COALITION**

Lowcountry Alliance for Healthy Youth (LCAHY) is a community prevention coalition that serves Southern Beaufort County



LCAHY's Community Board consists of representatives from 12 sectors
THY represents the youth sector

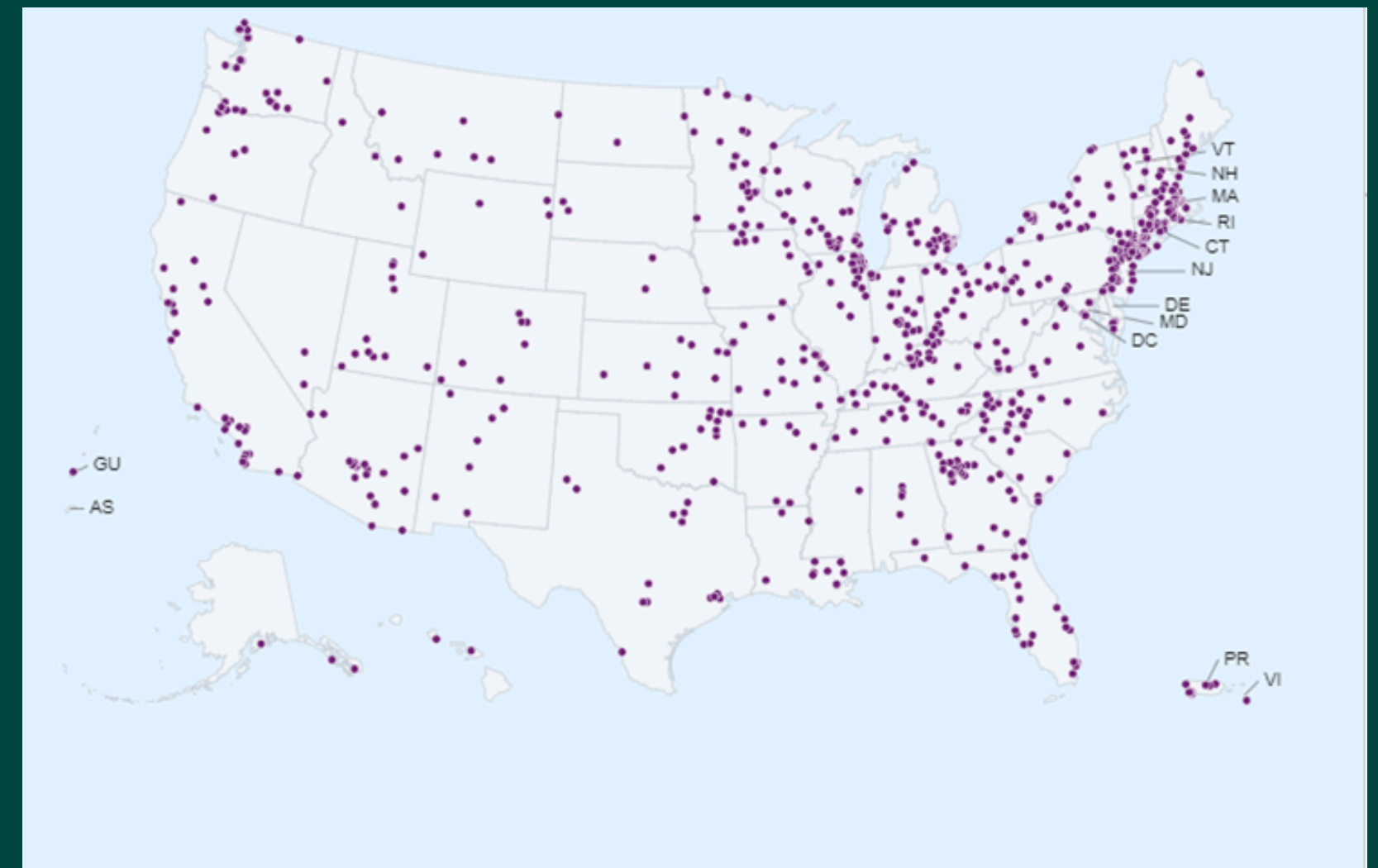




DFC Coalitions Across the United States



- LCAHY is a recipient of the Drug-Free Communities (DFC) Support Program Grant awarded by the White House Office of National Drug Control Policy (ONDCP) and administered by the CDC.
- The goals of the grant are to prevent and reduce youth substance use and related risk behaviors.



SEVEN STRATEGIES OF COMMUNITY LEVEL CHANGE

“Its All in The Strategy”

Seven Strategies required
of DFC Coalitions to affect
Community Change used to
create a comprehensive
plan to prevent and reduce
youth e-cigarette use.

- 1. Provide Information**
- 2. Enhance Skills**
- 3. Provide Support**
- 4. Enhance Access/Reduce
Barriers**
- 5. Change Consequences
(Incentives/Disincentives)**
- 6. Change Physical Design**
- 7. Change or Modify Policies**

LCAHY E-Cigarette, Vapes, and JUULs Community Forum

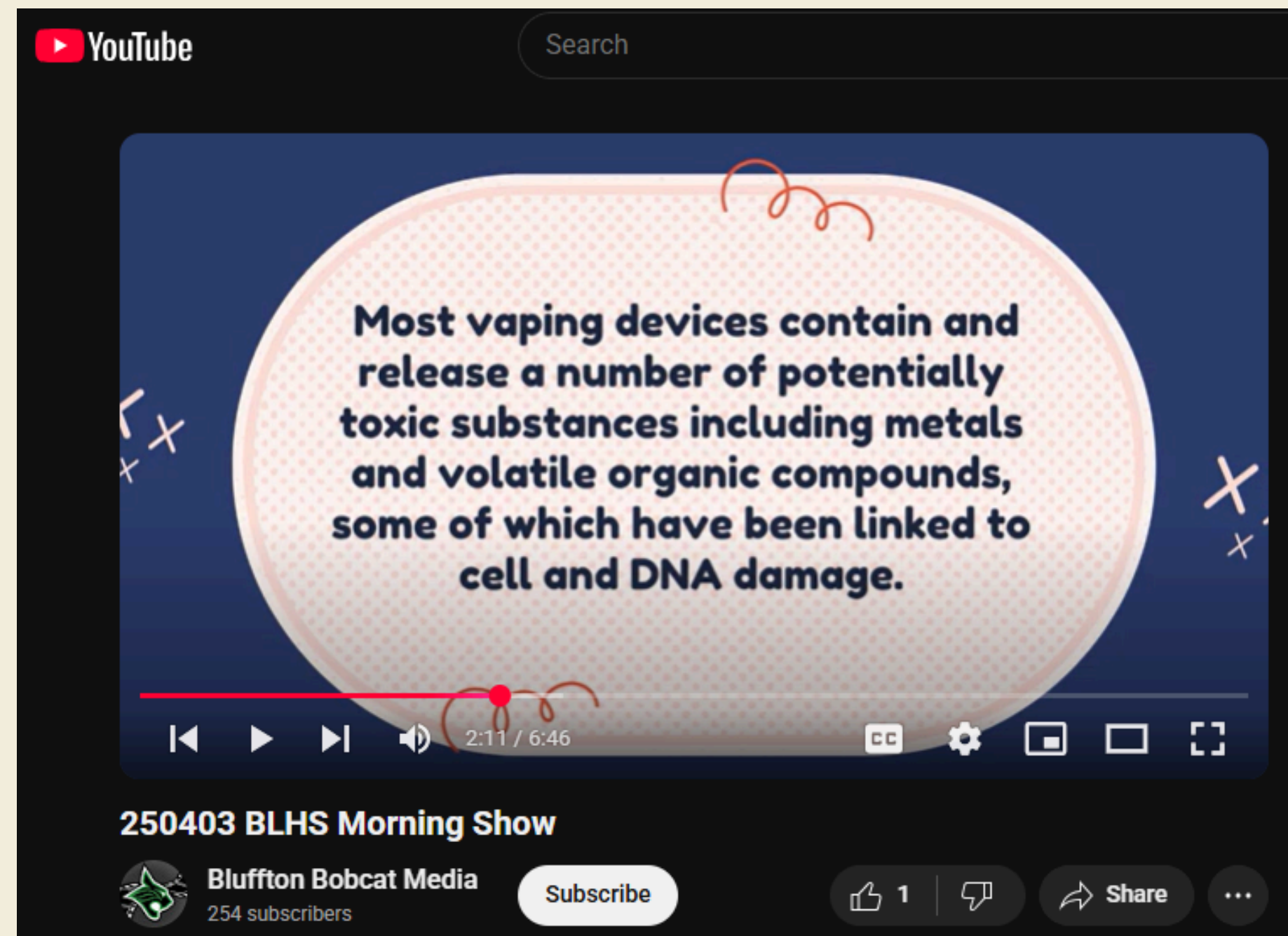
Strategy 1: Provide Information



November Smoke-Free & Vape Free Month

Morning Videos

Strategy 1: Provide Information



https://drive.google.com/file/d/1g0S3oTPk2Txf8LTC2h_VNTSDHkdImLFj/view?usp=sharing

Basketball and Football PSAs Strategy 1: Provide Information

EFFECTS OF DRUGS ON ATHLETIC PERFORMANCE AND HEALTH

SUBSTANCE USE EFFECTS ON TEEN BRAIN DEVELOPMENT:

- Harms brain development
- Leads to addiction
- Increases risk-taking behaviors
- Affects decision making
- Impairs learning/memory
- Increases risk of mental health disorders

ALCOHOL NEGATIVELY AFFECTS:

- Endurance
- Complex motor skills
- Balance
- Reaction time
- Risk for injury
- Judgment

MARIJUANA NEGATIVELY AFFECTS:

- Reaction time
- Concentration
- Decision making
- Memory
- Motor coordination
- Muscle strength

E-CIGARETTES NEGATIVELY AFFECT:

- Endurance
- Hydration
- Oxygen supply
- Breathing
- Injury healing
- Concentration and attention

MISUSE OF PAIN MEDICATIONS NEGATIVELY AFFECTS:

- Endurance
- Risk of fractures
- Ability to exercise
- Breathing
- Heart rate and rhythm
- Risk for overdose

LOWCOUNTRY ALLIANCE FOR HEALTHY YOUTH
Uniting the Community to Promote Positive Choices

Teams for Healthy Youth
"Promoting Positive Teen Health"

Scan for effects of other drugs.

BACK

DID YOU KNOW?

- The brain is not completely developed until the mid-twenties. Substance use can harm brain development.
- Half of all lifetime cases of mental and substance use disorders begin by age 14. (Source: SAMHSA)
- Three-quarters of mental and substance use disorders begin by age 24. (Source: SAMHSA)

COMMUNICATION IS KEY!

Talking to our youths early and often about the health, safety, social, and legal consequences of substance use will make it more likely that our children and teens will make healthy choices supported by family, peers, and the community.

LOWCOUNTRY ALLIANCE FOR HEALTHY YOUTH
Uniting the Community to Promote Positive Choices

Scan the QR code for resources.

Teams for Healthy Youth
"Promoting Positive Teen Health"

For more about our youth initiative, scan the QR code.

LCAHY is a recipient of the Drug-Free Communities (DFC) Support Program Grant awarded by the White House Office of National Drug Control Policy (ONDCP) and administered by the CDC. Community Foundation of the LowCountry serves as the fiscal agent.

LCAHY BASKETBALL 2025 60

Copy link

WATCHING

Watch on YouTube

LOWCOUNTRY ALLIANCE FOR HEALTHY YOUTH

LCAHY Website Includes E-Cigarette Resources Strategy 1: Provide Information





Uniting the Community to Promote Positive Choices
Serving Southern Beaufort County

EN

[HOME](#) [DONATE](#) [ABOUT US](#) [WHAT WE DO](#) [GET INVOLVED](#) [RESOURCES](#) [PSAs](#) [E-NEWS/NEWS](#) [TEENS FOR HEALTHY YOUTH](#) [EVENTS](#)

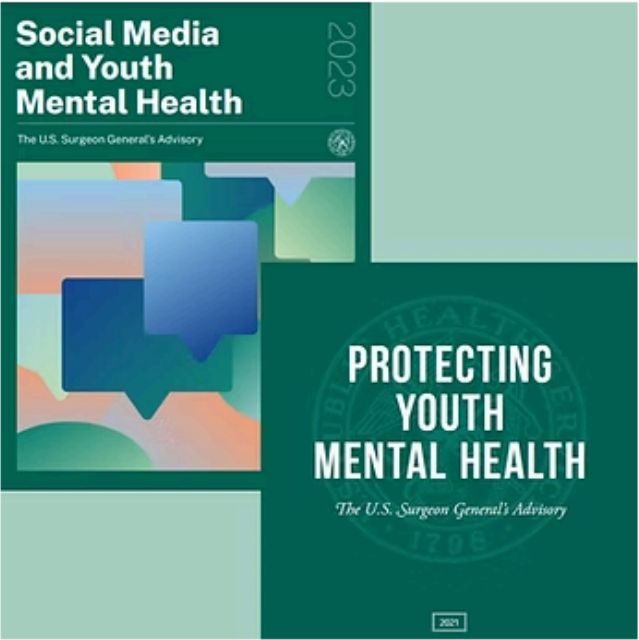
DID YOU KNOW?

Public Health Awareness Campaigns

"Uniting the Community to Promote Positive Choices"
Be Part of the Solution
Send Clear Messages
Youth Drinking & Drug Use are



- Unsafe
- Unhealthy
- Illegal



Social Media and Youth Mental Health
2023
The U.S. Surgeon General's Advisory
PROTECTING YOUTH MENTAL HEALTH
The U.S. Surgeon General's Advisory

Preventing Misuse of Medications and Use of Fake Pills



Health, Safety, and Legal Consequences of Underage Drinking



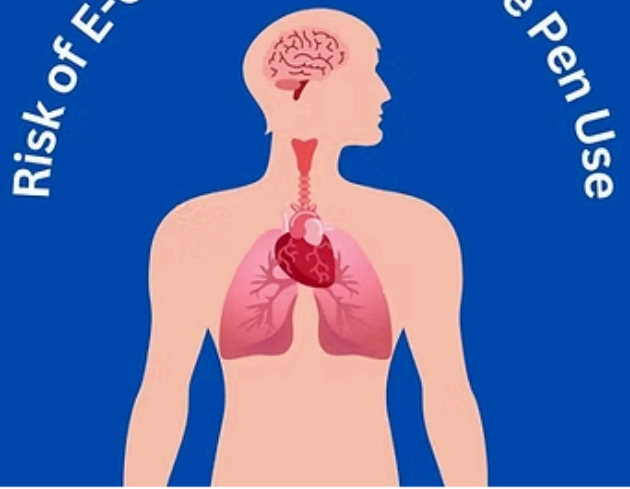
Underage Drinking:
[Click Here to Learn More About Underage Drinking Risks](#)
[Click Here to View Underage Drinking/College Students](#)

Youth Marijuana Use: Know the Risks!



Source: CDC
Marijuana Risks:
[Click Here for Resources on Marijuana and its impact on Teen Mental Health](#)

Risk of E-Cigarette and Vape Pen Use



Surgeon General Advisory: [Click here to learn more....](#)
E-Cigarettes an Epidemic
[Click here for more resources...](#)

Teens for Healthy Youth Teach Middle Schoolers about the Dangers of E-Cigarettes

Using Prevention Plus Wellness Program

Strategy 2: Enhancing Skills



PREVENTION + WELLNESS TIPS

EXERCISE
 30 Minutes of Physical Activity a Day:

- promotes a healthy heart and lungs
- helps control weight and stress
- increases wellbeing, and decreases disease

EAT NUTRITIOUS FOODS
 Diet has a Big Effect on How You Feel:

- eat a well-balanced breakfast
- eat 5 or more servings of fruit and veggies a day
- avoid processed foods, and foods with added sugar

GET PROPER SLEEP

- For teenagers a minimum of 8 hours of sleep a day is required:
- getting adequate sleep gives you the energy to make good decisions and think clearly

AVOID SUBSTANCE USE
 Avoid alcohol, tobacco, e-cigarettes, prescription drug misuse, marijuana and other illegal drug use.

- Alcohol, tobacco and drugs disrupt sound sleep stop deep sleep patterns
- Substance use robs your body of vitamins and minerals, leads to weight gain, and saps your energy needed for sports and physical activity

www.lcahealthyouth.com

PREVENTION + WELLNESS TIPS

AVOID UNHEALTHY WAYS OF COPING WITH STRESS
 Follow the Prevention + Wellness tips and:

- challenge negative thoughts with positive ones
- refrain from demanding perfection from yourself and others
- talk with someone you trust
- take time for leisure activities
- express your feelings / frustrations in a positive way

SCAN HERE TO LEARN MORE ABOUT STRESS COPING TECHNIQUES

ACHIEVE YOUR GOALS
 Spend time with friends who support your wellness goals. Ask yourself:

- Do they encourage you to engage in habits that better your health?
- Or, do they pressure you to do unhealthy things?

Source: Prevention + Wellness Program for Teens

Scan for mental health resources

THY provides support to their peers year round through peer-to-peer education using Instagram

Strategy 3: Provide Support



"Promoting Positive Teen Health"

DID YOU KNOW?

Many youth start smoking by age 11 and some are addicted by age 14. (American Lung Association)

Many young people turn to nicotine to deal with stress, anxiety and depression, but don't know it is making them worse. (CDC)

Did You Know ?

"The nicotine in e-cigarettes and other tobacco products can prime young brains for addiction to other drugs, such as cocaine and methamphetamine."

“ -US Surgeon General



"Promoting Positive Teen Health"

Multilingual Parent Night

All Resources are Translated Into Spanish

Strategy 4: Enhance Access



Facts About E-Cigarettes

WHAT MAKES VAPING DANGEROUS?



E-cigarettes contain nicotine, which is a highly addictive chemical. They can worsen systems of stress, anxiety, and depression. (CDC)

- One “Elf Bar”=590 cigarettes
- Vapes contain the same carcinogens found in cigarettes
- Vapes can contain other harmful drugs such as marijuana.
- Vaping makes you 4x more likely to start smoking cigarettes.

QUICK FACTS

WHY QUIT?



Quitting smoking/e-cigarettes can lead to more positive effects on mental health. These include a decrease in anxiety and depression and an increase in a positive mood (CDC).

“The nicotine in e-cigarettes and other tobacco products can prime young brains for addiction to other drugs, such as cocaine and methamphetamine.”
-US Surgeon General

Learn more about E-cig use 

  Visit our Website 

lcahealthyyouth.com

Datos sobre los cigarrillos electrónicos

¿POR QUÉ ES PELIGROSO?



Los cigarrillos electrónicos contienen nicotina, una sustancia química sumamente adictiva que puede empeorar los sistemas de estrés, ansiedad y depresión (CDC)

- Una barra de “elf” equivale a 590 cigarrillos
- Los vapes contienen lo mismo carcinógenos encontrados en los cigarrillos
- Los vapes pueden contener otras drogas dañinas como la marihuana.
- Vapear aumenta cuatro veces la probabilidad de empezar a fumar cigarrillos.

DATOS BREVES

¿POR QUÉ DEJARLO?



Dejar de fumar/usar cigarrillos electrónicos puede provocar más efectos positivos sobre la salud mental, como la disminución de la ansiedad y la depresión y el aumento del estado de ánimo positivo (CDC).

“La nicotina presente en los cigarrillos electrónicos y otros productos de tabaco puede predisponer a los cerebros jóvenes a la adicción a otras drogas, como la cocaína y la metanfetamina.”
-Cirujano General de los Estados Unidos

Obtenga más información sobre el uso del 

  Visita nuestro 

lcahealthyyouth.com

Environmental Scans of Vaping Products Sold at Gas Station

Strategy 4: Reduce Barriers/Decreasing Access



Recognition to Establishments Who do Not Sell E-cigarettes to Minors

Strategy 5: Change Consequences (Incentives/Disincentives)



**WE THANK PARKER'S
FOR NOT SELLING
E-CIGARETTES TO
OUR TEENS**

Your commitment to our youth's
health and wellness is appreciated!

**Scan the QR code for
information about
the health risks of
youth vaping and
e-cigarette use**



Uniting the Community to Promote
Positive Choices

www.lcahealthyyouth.com

Low Country Alliance for Healthy
Youth is a recipient of a Drug-Free
Communities (DFC) Support Program
Grant



6 REASONS TO QUIT VAPING

1

APPEARANCE

Vaping causes **dry skin and wrinkles**, which can lead to **acne** breakouts.

2

FINANCES

Vaping in a single year can cost **\$400 to \$5,000** a year.

3

STRESS AND ANXIETY

Use of e-cigarettes can **increase feelings of stress and anxiety**.

4

ADDICTION

You can become **addicted** to nicotine **in a matter of minutes**.

5

HEALTH EFFECTS

Harmful chemicals in vapes ultimately lead to **cancer and lung disease** aka "popcorn lungs."

6

ATHLETIC PERFORMANCE

Vaping causes **increased blood pressure and heart rate** while narrowing the arteries, which leads to injury.

Find out how you can QUIT vaping:

Posters were Created to Display at the Six Area High Schools

Strategy 6: Change Physical Design

6 REASONS TO QUIT VAPING

APPEAREANCE

Vaping causes **dry skin and wrinkles**. This can lead to **acne** breakouts.

FINANCE

Vaping in a single year can cost anywhere between **\$400 to \$5000**.

STRESS AND ANXIETY

Vaping nicotine increases pre-existing stress, anxiety, and mood swings.

ATHLETIC PERFORMANCE

Vaping causes increased blood pressure and heart rate, which leads to injury and heart attacks.

ADDICTION

Vaping nicotine becomes addicting in minutes, not days.

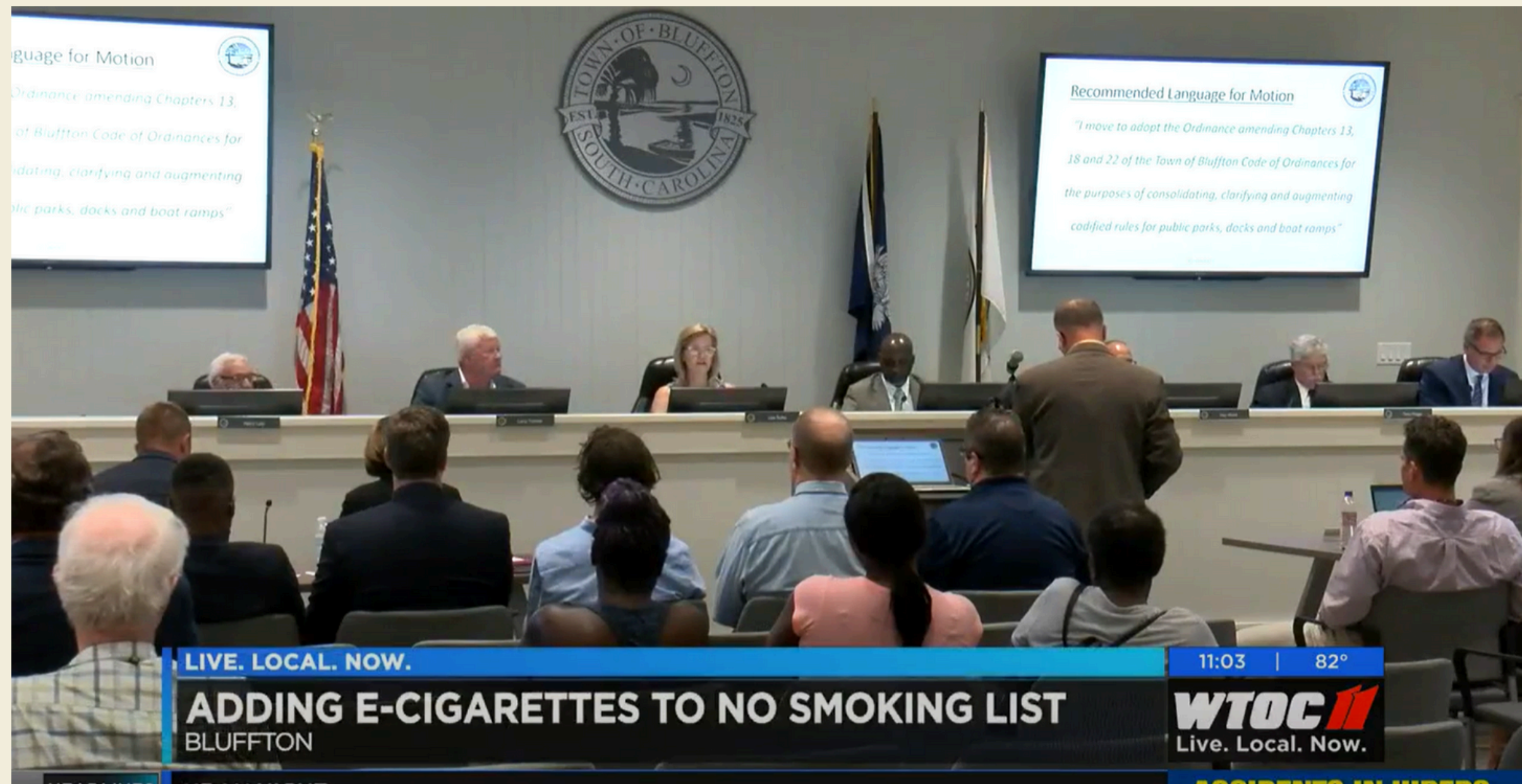
HEALTH EFFECTS

Vaping harmful chemicals causes coughing, shortness of breath, and nausea, ultimately leading to cancer and lung damage.

FIND OUT HOW YOU CAN QUIT VAPING

LCAHY's and THY's Influence Leads to Town of Bluffton Passing an Ordinance to Include Vaping in the Smoking Regulations

Strategy 7: Change or Modify Policies



[LINK](#)

LCAHY/THY Interns Present Proposal to Hilton Head Town Council to Include Vaping in the Town's Smoking Regulations which was Passed in 2024

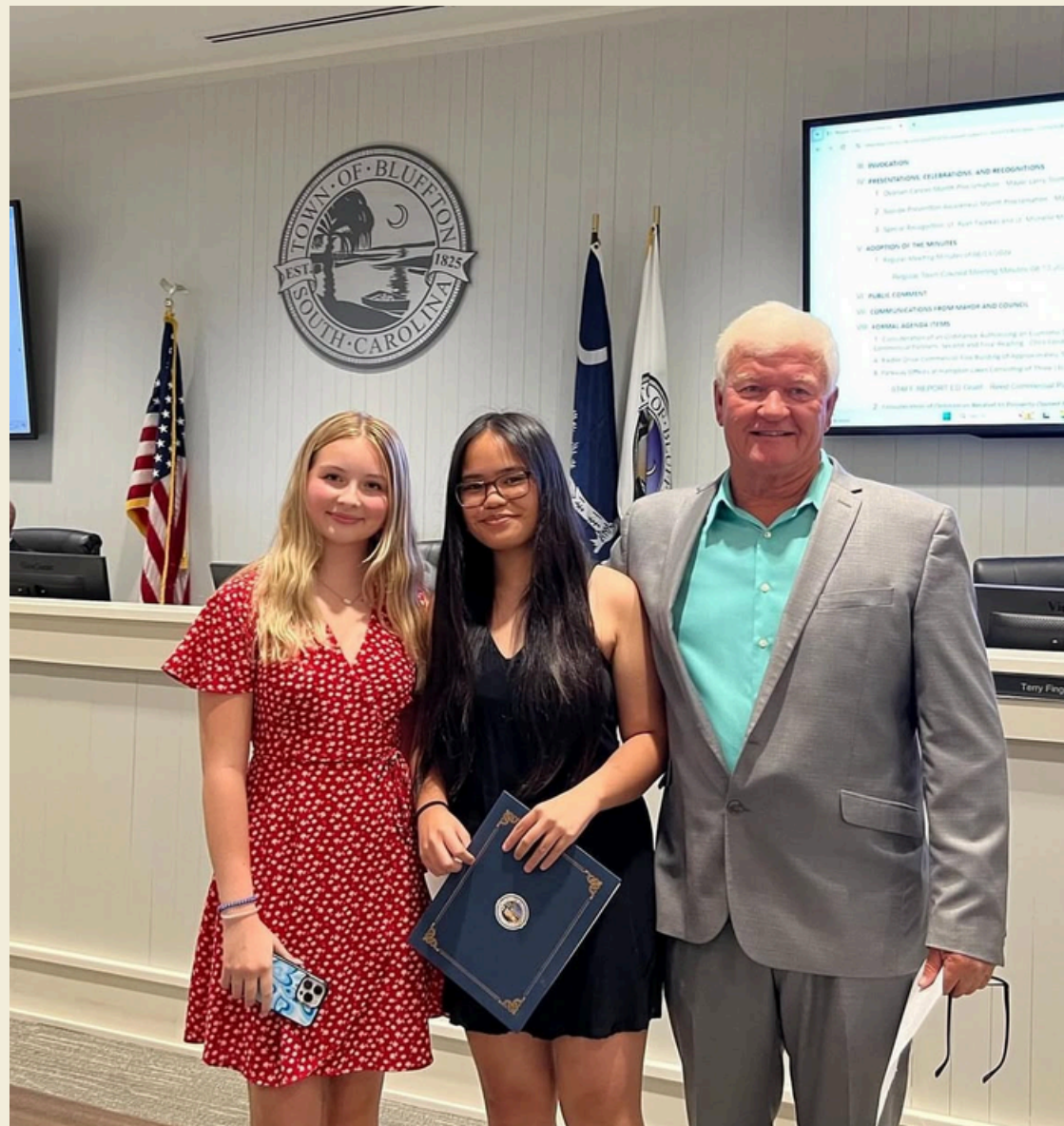
Strategy 7: Change or Modify Policies



[video link](#)

THY Accept Smoke Free/Vape Free Month Proclamation

Strategy 7: Change or Modify Policies





Drug-Free Communities

Local Problems Require Local Solutions



National Evaluation of DFC Coalitions Shows... OUTCOMES ARE CONTRIBUTED TO THE COLLABORATIVE EFFORTS OF THE COALITION WHICH INCLUDES THE YOUTH SECTOR, THY.

National and local data(specific to the schools in Southern Beaufort County) show:

- A decrease in 30-day use of tobacco/e-cigarettes
- An increase in perception of risk/harm of use
- An increase in reported perception of parental disapproval
- An increase in reported perception of peer disapproval.
- Parental disapproval was higher than peer disapproval.

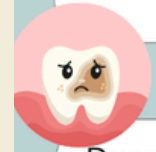
LCAHY Summer Interns Created a Project to be Launched in Partnership with Dentist and Doctors

Clear the Air: The Real Scoop on Vaping



Vaping is Harming to Health

Vaping is linked to increased risks of oral disease and has negative effects on mental, respiratory, and cardiovascular health.
(National Institutes of Health)



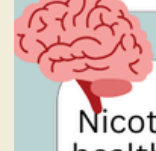
Vaping's Impact on Oral Health

Despite its perception as a safer alternative to cigarettes, vaping chemicals are linked to higher risks of cavities, gum disease, and tooth loss.
(American Dental Association / ADA)



Vaping & Oral Cancer

Nicotine and carcinogenic chemicals from vaping are deposited in the oral cavity, which can contribute to the development of oral cancer.
(ADA)



Vaping & Mental Health

Nicotine can harm brain development & mental health. Studies show that nicotine delivery from vaping causes higher levels of anxiety, depression, and stress.
(Centers for Disease Control / CDC)



Why Quit?

Quitting vaping can positively effect oral and mental health, reducing oral disease and tooth loss and decreasing anxiety and depression.
(CDC)

The ADA's Position

The American Dental Association (ADA) strongly opposes using oral tobacco, including vaping, and encourages all tobacco users to quit.

A Project of Teens For Healthy Youth

To learn more about THY visit the LCAHY Website:



Visit LCAHY's Vaping Awareness E-News site:



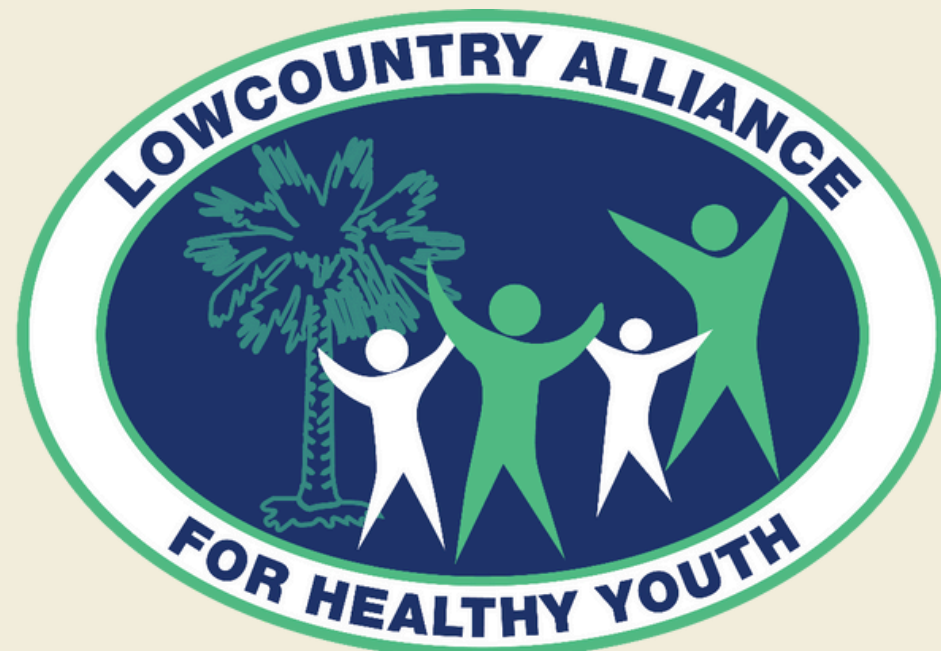


Smoke-Free SC, thank you for the opportunity to develop awareness about the efforts of Teens for Healthy Youth to create a safe, healthy, and vape-free environment for our youth.

Ashlyn Elrod

Aviana Stevens

Email lcalliance4healthyyouth@gmail.com



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