

ALL ARE WELCOME, WITH SPECIAL INVITATION TO
MIDDLE SCHOOLERS AND THEIR PARENTS OR GUARDIANS!

VAPING & YOUTH: WHAT YOU NEED TO KNOW

APRIL 24, 2019

7:00-9:00 PM

WILSON MIDDLE SCHOOL
22 RUTLEDGE RD., NATICK

Parents/guardians will meet in auditorium;
middle schoolers will meet in the cafeteria.

Join the community conversation on April 24th to learn the facts and get tips for talking with the teen in your life about vaping. Dr. Chadi's presentation to parents and guardians will be followed by a panel of school, town and state officials to discuss the collective response to this public health issue and the resources available to youth and their families.

Special Session for Middle Schoolers!

While parents and guardians attend the presentation in the auditorium, **students in grades 6-8 are invited to attend their own session in the WMS cafeteria.** This session will be facilitated by NHS peer leaders from Natick Above the Influence who are also part of 'The 84'—a movement of MA youth advocates who are fighting Big Tobacco's influence. Middle schoolers will learn about the risks of vaping and the marketing strategies that are used to appeal to youth, and they will get tips from Natick teens about how they can make healthy decisions.



Example of a
JUUL device.



As 'Juuling' and other forms of vaping have increased in use, youth and adults alike are trying to make sense of e-cigarettes. Many have questions such as:

- Are Juuls addictive?
- Can vaping harm your health?
- How much nicotine is really in e-cigs?
- What are our schools, town and state doing to address vaping among young people?

Featuring guest speaker

Dr. Nicholas Chadi



Nicholas Chadi, M.D. is a Pediatric Addiction Medicine Fellow at Boston Children's Hospital and a practitioner and instructor in Mindfulness Based Cognitive Therapy.

He combines his clinical duties with freelance reporting, policy and research work in the areas of substance use, mental health, social pediatrics, mindfulness meditation and chronic illness.



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