

Dear Abington Students and Families,

Over the last few years, Abington High School has seen a trend in vaping among our students that deeply concerns us. We have made it a priority to increase our efforts in educating students on the dangers of this decision and to encourage them to quit smoking or vaping entirely. As a school, we have worked to increase education, displayed anti-smoking and vaping materials throughout our schools, offered information on smoking cessation and counseling program to students, added Vape detectors and staff monitoring to our restrooms, and updated our handbook to adjust consequences for this behavior.

Recently, due to the spike in severe lung illness related to vaping, the Governor of the Commonwealth of Massachusetts declared a Public Health Emergency. In order to combat the health epidemic, he has imposed a four-month ban on the sale of all vaping products in our state.

As society learns more about the particular dangers that are emerging from the use of vaping products containing nicotine and THC, we will continue to work to provide education about it in our school in an effort to stop it. We also urge our students and families to educate yourselves and be aware of the dangers of both nicotine and THC based vaping products. If you feel your own child may be addicted, we suggest you contact your pediatrician for consultation. In addition, you can contact our school counselors or nursing staff to help.

Recently, our neighbors at Hanover Public Schools shared that The Massachusetts Department of Public Health has indicated that a combination of medication and counseling has been shown to triple the chances of successful cessation and provided the following resources:

- **My Life, My Quit™** has youth coach specialists trained to help young people by phone or text. Call or text "Start My Quit" to 855-891-9989 for free and confidential help. For more information or to sign up online, visit [mylifemyquit.com](http://mylifemyquit.com).
- **This is Quitting** powered by truth® is a free and confidential texting program for young people who vape. Young people can text "VapeFreeMass" to 88709 to get started. In partnership with the Massachusetts Department of Public Health.
- Visit [teen.smokefree.gov](http://teen.smokefree.gov) for tools and tips.
- Visit [mass.gov/vaping](http://mass.gov/vaping) to learn about vaping addiction, health, and quitting.
- Information for parents/adults is available at [getoutraged.org](http://getoutraged.org)
- **Massachusetts Quitline 1-800-QuitNow** (7 days per week/24 hours per day, holiday hours may vary) to receive counseling online, by phone or through eChat and at least four weeks of free nicotine patches for students and adults over the age of 18.

We wanted to share these resources with Abington families as well. Along with other neighboring schools, we encourage you to start the conversation about vaping with your child now. Even if you believe they are not vaping, educating them is vital to help them make healthy choices. Please take a minute to view the campaign by the [Massachusetts Dept. of Public Health](http://Massachusetts Dept. of Public Health) to find helpful tips for talking to your child about vaping.

Sincerely,

Laura Louko  
Assistant Principal