

SUHSD PARENT EDUCATION MINI-SERIES: 2015 Teenage Risky Behaviors

VAPING

Please join us for a mini-series of pro-active SUHSD Parent Education Series events to address teenage risky behaviors. These targeted workshops will focus on adolescent drug and alcohol addiction, e-cigarettes, distracted driving, and sexual health.

"Vaping Reality: New Electronic Device (E-Cigarettes) and Emerging Nicotine Products" with Alissa Ralston, Project Director, Tobacco-Free Youth Project

**Thursday, February 12, 10:00 am - 12:00 noon
Sequoia Union High School District Office
Birch Room
480 James Avenue, Redwood City**

Register: <https://ecigarettes2015suhsd.eventbrite.com>

An alarming number of young people who have never used conventional cigarettes are now using electronic "vaping" devices and student use of these products now surpasses the use of conventional cigarettes. These devices are easy to hide and are often used with other drugs. Despite widespread perceptions to the contrary, e-cigarettes do not deliver "harmless water vapor."

Come learn how young people are targeted to experiment with these and other "non-conventional cigarette" nicotine products and why we should all be concerned. Examples of various products will be available to see.

Alissa Ralston has been active in tobacco education for the past 20 years. She has served as site coordinator for several TUPE (Tobacco Use Prevention and Education) programs in both conventional and alternative high schools. Ms. Ralston has been the Project Director for the Tobacco Free Youth Project at Bay Area Community Resources (BACR) since 1999. She currently focuses on trainings around emerging nicotine delivery products such as e-cigarettes.

For more information, contact Charlene Margot, M.A., The Parent Education Series, Founding Director, at cmargot@csiconsulting.net or Karen Li, M.D., Wellness Coordinator, at kli@seq.org.

Parent Education Series events are free and open to SUHSD parents, faculty/staff and community members. This mini-series is sponsored by the Sequoia Healthcare District and the Sequoia Union High School District.

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DISTRACTED DRIVING

Please join us for a mini-series of pro-active SUHSD Parent Education Series events to address teenage risky behaviors. These targeted workshops will focus on adolescent drug and alcohol addiction, e-cigarettes, distracted driving, and sexual health.

“Distracted Driving Parent Workshop” with Impact Teen Drivers (California Highway Patrol)

Thursday, March 12, 10:00 am - 12:00 noon
Sequoia Union High School District Office
Birch Room
480 James Avenue, Redwood City

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