

Toxic Ingredients Intercom Announcements

Instructions:

Use these talking points when announcing your project and explaining the toxic ingredients over the intercom to your peers. Replace the highlighted words for your specific project details.

The talking points may seem repetitive from day to day, but that's the point. The goal is to have every single person in your school thinking about this issue on a daily basis, and it may take them hearing it 5 times to let it soak in and consider quitting, or never starting in the first place.

Tips for success:

- Ask chapter members to take turns reading the announcements from day to day as a way to involve the entire group.
- Adjust talking points to make them your own rather than reading it word for word; you know your student body best.
- The toxic ingredients include lots of big words that are hard to pronounce; be sure to practice ahead of time.
- If you are not able to make intercom announcements, another option would be to post facts on a bulletin board.

The day before you begin:

Did you know you have an ISTEP chapter at your school that focuses on talking to our peers about not using tobacco, including vaping? ISTEP stands for Iowa Students for Tobacco Education and Prevention. And we're excited to bring our newest project to your attention – Chem Cloud!

For the next **five** days we will have a Chem Cloud display set up in the **lunchroom**. Each day we will add one new toxic ingredient to the Chem Cloud that can be found in vapes, then we will tell you more about it over the **intercom announcements**.

Vaping is full of toxic chemicals. Vape pens use a battery to heat up a special liquid into an aerosol that users inhale. It's not just harmless water vapor. The "e-juice" that fills the cartridges usually contains nicotine (which is extracted from tobacco), flavorings and other chemicals. Studies have found that even e-cigarettes claiming to be nicotine-free contain nicotine. Additionally, when the e-liquid heats up, more toxic chemicals are formed.

The facts and toxic ingredients you will learn about throughout this project come from the CDC Office on Smoking and Health and the American Lung Association.

Nicotine: a highly addictive substance that negatively affects adolescent brain development which continues until around the age of 25.

Sounds like nick-uh-teen.

Hi, it's your ISTEP chapter again! Did you notice we revealed a new toxic ingredient to our Chem Cloud? Today we're focusing on nicotine (kind of sounds like hook-a-teen, doesn't it?).

When you sneak out of class to puff away in the bathroom (yuck) that's nicotine messing with your brain. In fact, if you vape now you're more likely to smoke cigarettes (super yuck) in the future.

Vapes have nicotine to keep you hooked, like a puppet. The "e-juice" that fills the cartridges in vapes usually contains nicotine (which is extracted from tobacco). Studies have found that even e-cigarettes claiming to be nicotine-free contain nicotine.

Vaping isn't worth it. If you or a friend want to quit, My Life My Quit is a free confidential program just for teens! Simply text "start my quit" to 36072 to begin today.

Benzene: found in crude oil, gasoline and car exhaust.

Sounds like ben-zeen.

Hi, it's your ISTEP chapter again! Did you notice we revealed a new toxic ingredient to our Chem Cloud? Today we're focusing on benzene. This is a volatile organic compound found in car exhaust, crude oil and gasoline. The levels of benzene found in vapes are a cancer risk.

Vaping isn't worth it. If you or a friend want to quit, My Life My Quit is a free confidential program just for teens! Simply text "start my quit" to 36072 to begin today.

Heavy metals: cadmium, tin, nickel and lead.

Sounds like kad-me-uhm, tin, nick-I and led.

Hi, it's your ISTEP chapter again! Did you notice we revealed a new toxic ingredient to our Chem Cloud? Today we're focusing on heavy metals, such as cadmium, tin, nickel and lead. Let's dig deeper into these. These metals have a great purpose, but not when inhaled into your body.

- Cadmium is found in traditional cigarettes that causes breathing problems.
- Tin prevents corrosion on a can. Not so much in your lungs (enough said).
- Nickel is used for making batteries, coins, mobile phones, jewelry and much more. Just our two cents, it doesn't belong in your lungs.
- Lead acts as a coolant for nuclear reactions. Putting it in your mouth, maybe not as cool.

Vaping isn't worth it. If you or a friend want to quit, My Life My Quit is a free confidential program just for teens! Simply text "start my quit" to 36072 to begin today.

Acrolein: a herbicide primarily used to kill weeds.

Sounds like ack-ruh-leen.

Hi, it's your ISTEP chapter again! Did you notice we revealed a new toxic ingredient to our Chem Cloud? Today we're focusing on acrolein. This is a herbicide primarily used to kill weeds and can cause irreversible lung damage.

Vaping isn't worth it. If you or a friend want to quit, My Life My Quit is a free confidential program just for teens! Simply text "start my quit" to 36072 to begin today.

Diacetyl: causes a lung disease known as popcorn lung.

Sounds like dye-uh-seat-l.

Hi, it's your ISTEP chapter again! Did you notice we revealed a new toxic ingredient to our Chem Cloud? Today we're focusing on diacetyl, which is known to cause a lung disease known as popcorn lung.

Popcorn lung is a condition caused by inhaling flavors. It damages your lungs' smallest airways causing you to cough and wheeze. This is not recommended for those of you who are active in band, choir and sports – yikes!

Vaping isn't worth it. If you or a friend want to quit, My Life My Quit is a free confidential program just for teens! Simply text "start my quit" to 36072 to begin today.

Propylene glycol: used to make antifreeze, paint solvent and artificial smoke in fog machines.

Sounds like pro-puh-leen gl-eye-kawl.

Hi, it's your ISTEP chapter again! Did you notice we revealed a new toxic ingredient to our Chem Cloud? Today we're focusing on propylene glycol. This is a common additive in food but also used to make antifreeze, paint solvent and artificial smoke in fog machines. It has been proven that inhaling it can cause inflammation of the lungs.

Vaping isn't worth it. If you or a friend want to quit, My Life My Quit is a free confidential program just for teens! Simply text "start my quit" to 36072 to begin today.

Acetaldehyde: known to cause cancer and naturally occurs as a result of forest fires, volcanic eruptions and animal waste.

Sounds like as-i-tall-duh-hide.

Hi, it's your ISTEP chapter again! Did you notice we revealed a new toxic ingredient to our Chem Cloud? Today we're focusing on acetaldehyde. This is a toxic chemical known to cause cancer, and if that isn't enough to stop you from vaping, it also occurs

as a result of forest fires, volcanic eruptions and animal waste. Yes, you heard that right, *animal poop*.

Vaping isn't worth it. If you or a friend want to quit, My Life My Quit is a free confidential program just for teens! Simply text "start my quit" to 36072 to begin today.

Formaldehyde: known to cause cancer and can be found in building materials, glues and paints.

Sounds like fur-mall-duh-hide.

Hi, it's your ISTEP chapter again! Did you notice we revealed a new toxic ingredient to our Chem Cloud? Today we're focusing on formaldehyde, a toxic chemical known to cause cancer and can be found in building materials, glues and paints.

Vaping isn't worth it. If you or a friend want to quit, My Life My Quit is a free confidential program just for teens! Simply text "start my quit" to 36072 to begin today.

Diethylene glycol: a chemical used in antifreeze that is linked to lung disease.

Sounds like dye-eth-uh-leen gl-eye-kawl.

Hi, it's your ISTEP chapter again! Did you notice we revealed a new toxic ingredient to our Chem Cloud? Today we're focusing on diethylene glycol, a toxic chemical used in antifreeze that is linked to lung disease.

Vaping isn't worth it. If you or a friend want to quit, My Life My Quit is a free confidential program just for teens! Simply text "start my quit" to 36072 to begin today.

Vegetable glycerin: leads to coughing and shortness of breath when inhaled.

Sounds like vegetable gl-eye-sir-in.

Commonly used in foods and cosmetics, but when inhaled can cause respiratory irritation leading to coughing and shortness of breath.

Hi, it's your ISTEP chapter again! Did you notice we revealed a new toxic ingredient to our Chem Cloud? Today we're focusing on vegetable glycerin, which is commonly used in foods and cosmetics, but when inhaled, leads to respiratory irritation, coughing and shortness of breath. Life is busy, you don't have time to sit on the sidelines because of your terrible lung capacity.

Vaping isn't worth it. If you or a friend want to quit, My Life My Quit is a free confidential program just for teens! Simply text "start my quit" to 36072 to begin today.

The last day of the display:

Thank you for joining in on our Chem Cloud display this week. The ISTEP chapter members will be setting up a table in the lunchroom by the display over lunch hours today. Come chat with us and see what fun materials we have to share. And, if you

want to join us in planning fun impactful activities like this in the future, attend our next meeting! It'll be date, time and location. See you over lunch!

Sources: [CDC](#) and [American Lung Association](#)