



CHKRC

California Healthy Kids Resource Center

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VAPING DANGERS INCLUDING COVID19

The Massachusetts General Hospital (MassGeneral Hospital for Children) recently published an article on the linkages between tobacco usage/vaping and COVID19. [Smoking, Vaping and COVID-19: About the Connection and How to Quit](#)

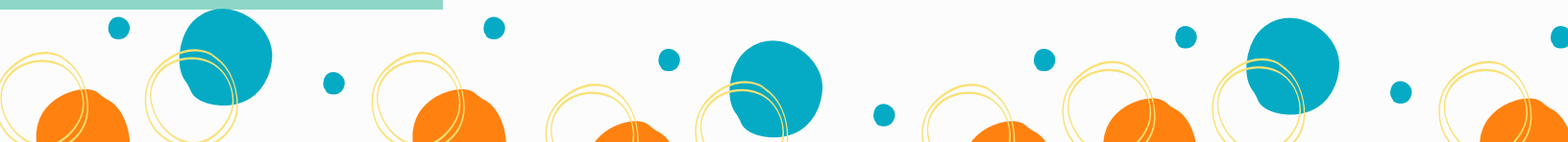
Some of the key pieces of the article are:

Smoking and Vaping make COVID19 infections worse in a few ways:

- 1) If a person who smokes catches COVID-19, they are more than twice as likely to develop a severe case of COVID-19 than those with no smoking history.
- 2) Smoking or vaping damage certain types of white blood cells that help fight infections. This makes it harder for the body to fight infections, including COVID-19.
- 3) Many tobacco flavorings, including menthol, affect how well lung and airway cells can fight infections, including COVID-19.

To address the current needs of educators to provide curriculum remotely to their students, Stanford Education has created additional components to the Stanford Tobacco Toolkit called the Vaping Prevention: A Remote-Learning Curriculum that addresses the health risks of using e-cigarettes/vapes, including JUUL and Puff Bar; the increased risk of severe COVID-19 infection for e-cigarette/vape users; and marketing tactics used by nicotine companies to target youth. They have also included an accompanying student assignment along with a video for parents.

Here is the link to access the new curriculum:
[Stanford Tobacco Toolkit: Remote Learning Curriculum](#)





HOW TO HELP LGBTQ YOUTH DURING CRISIS

Students that identify as lesbian, gay, bisexual, transgender, questioning, or gender diverse are considered high risk for developing COVID-19. Over 60% of LGBTQ youth do not feel supported by their families and face rejection. Many of these same youth may face homelessness and isolation during this time. This leaves them vulnerable, and with a lack to basic needs for safety.

Here are some ways that LGBTQ youth can be supported:

- Locate resources in your community to assist in counseling and support groups.
- Connect with students you know will need assistance with food and shelter.
- Provide students with different ways to connect through resources listed below:
 - **The Neighborhood:** A virtual hub for LGBTQ+ families with a list of virtual events during the COVID-19 pandemic for families and kids of all ages.
 - **Gender Spectrum:** A resource for transgender, gender-diverse and non-binary youth and families with several online groups for youth and families.
 - **Q Chat Space:** A bully-free online community of LGBTQ+ teens that can chat with their peers and trained staff from LGBTQ+ centers around the country.
 - Trans Lifeline: (877)-565-8860
 - TrevorText - Free, confidential, secure texting with a trained Trevor counselor for LGBTQ youth in need of support. Text "START" to 678-678. Standard text messaging rates apply. Available 24/7.
 - TrevorChat - Free, confidential, secure instant messaging with live help for LGBTQ youth provided by trained volunteers. Visit TheTrevorProject.org/Help. Available 24/7.
 - TrevorLifeline - Nationwide, 24/7 crisis and suicide prevention lifeline offering free and confidential counseling for LGBTQ youth. Call 1-866-488-7386.

Additional Resources

- [THE TREVOR PROJECT WEBSITE](#)
- [PARENTS AGAINST VAPING AND E-CIGARETTES](#)
- [POLARIS PROJECT-HUMAN TRAFFICKING OF YOUTH](#)
- [FLAVORS HOOK KIDS ON VAPING](#)
- [STANFORD TOBACCO PREVENTION EDUCATION TOOLKIT](#)
- [CANNABIS AWARENESS PREVENTION TOOLKIT](#)
- [CALIFORNIA HEALTHY KIDS CENTER RESOURCES](#)

Prevention Lifelines

CRISIS TEXT LINE |
Text HELLO to 741741
Free, 24/7, Confidential

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

CONTACT A HEALTH PROFESSIONAL IF, AFTER A MONTH IN A SAFE ENVIRONMENT, CHILDREN ARE NOT ABLE TO PERFORM THEIR USUAL ROUTINES. CONTACT A HEALTH CARE PROVIDER IF NEW BEHAVIORAL OR EMOTIONAL PROBLEMS DEVELOP, PARTICULARLY IF THESE SYMPTOMS OCCUR FOR MORE THAN A FEW WEEKS:

- FLASHBACKS (FLASHBACKS ARE THE MIND RELIVING THE EVENT)
- A RACING HEART AND SWEATING
- BEING EASILY STARTLED
- BEING EMOTIONALLY NUMB
- BEING VERY SAD OR DEPRESSED

CALL 800-985-5990.

SPANISH SPEAKERS CAN CALL 800-985-5990 AND PRESS 2. THE DEAF AND HARD OF HEARING CAN CONTACT THE HELPLINE VIA TTY AT 800-846-8517.

TEXT "TALKWITHUS" TO 66746.

SPANISH SPEAKERS IN THE CONTINENTAL UNITED STATES CAN TEXT "HABLANOS" TO 66746.

