

#YouthCulture: Nicotine Education Series

FREE Community Education Event



Thursday, August 15th, 6:30 pm - 8:00 pm

The Poe Center

224 Sunnybrook Road, Raleigh, NC, 27610

Adult Program: E-Cigarettes 101

This program addresses the the growing concern of e-cigarettes and youth. Participants will explore adolescent brain development and effects of e-cigarettes as we cover the latest research. We will also take a look at the risk factors for use, and the protective factors that help prevent use. A discussion on resources and strategies for increasing protective factors with our youth will leave attendees with tools for the next steps.

Youth Program: Vaping 101

Middle-High Schoolers

Held at the same time as our E-Cigarette 101 adult program, this program addresses the growing concern of e-cigarettes and youth. Participants will learn about the addictive nature of nicotine and how addiction impacts the brain. We will address risk factors for addictive behaviors, substance addiction warning signs, and the signs of a nicotine medical emergency.

What is our #YouthCulture workshop series?

Our **#YouthCulture** series is designed to empower parents and guardians by providing insight into the environment and culture around our youth. Parents and adults who work with elementary, middle and high school students are strongly encouraged to participate.

Visit our website and learn about other #YouthCulture Programs:

Adolescent Brain Development and the Role of Social Media | Healthy Teen Relationships Adolescent Brain Development and Addiction | Navigating "The Talk" | Opioids 101

To reserve your spot, please register online at <https://bit.ly/2Y3n1bj> or contact **Susan Foster** with questions at s.foster@poehealth.org

Light snacks & door prizes. NC Substance Abuse Professional Practice Board hours will be available for adult E-Cigarettes 101 session. See poehealth.org/events for more info.