



FREMONT UNION HIGH SCHOOL DISTRICT

Cupertino High School | Fremont High School | Homestead High School | Lynbrook High School | Monta Vista High School | Adult School

February 28, 2019

Dear Honorable Sunnyvale Councilmembers,

Thank you so much for all your services, which make Sunnyvale a great city for our students and families.

Recently, we heard that parents are becoming increasingly concerned about the significant rise in e-cigarette usage by teenagers. Our district has hosted workshops at our school sites to inform parents about this issue. At one such workshop, we heard that parents are particularly concerned about retailers located close to our school sites that sell e-cigarettes, which might encourage students to become more interested in using tobacco and other nicotine delivery products.

As an example, a retailer (which is 0.6 miles from the Fremont High School campus) displays all kinds of cigarette products including e-cigarettes on the front shelves near the cash register.

We would like to request that the City of Sunnyvale consider passing an ordinance to prohibit retailers near schools from selling e-cigarettes. Banning the sale of Flavored Tobacco Products is also one of the city's study issues (DPS 19-01). We hope that you take this under consideration, as we feel strongly that it will benefit our students and keep them from developing habits and behavior that may be harmful to their health.

Fremont High School is planning to send the attached message to all parents regarding the use of e-cigarettes.

Thank you in advance for your consideration. Please do not hesitate to contact us should you have any questions.

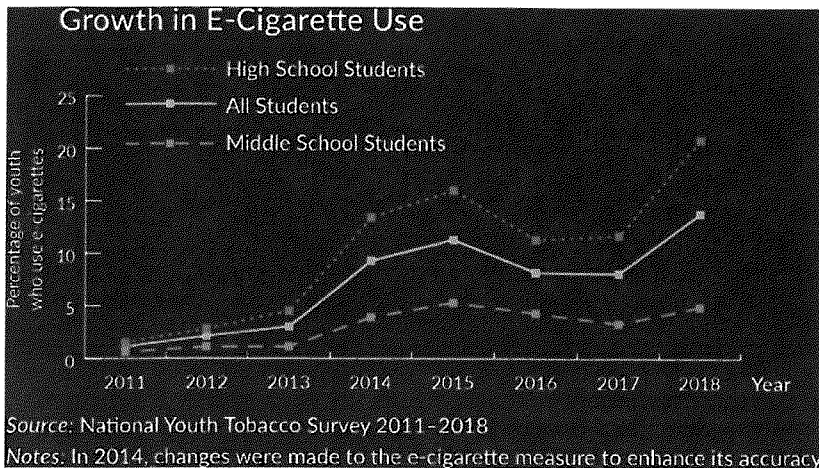
Best regards,

Polly Bove
Superintendent

Roy Rocklin
Board President

Dear Fremont Families,

We hope this letter finds you all doing very well. We wanted to inform you about a current issue facing out teenagers in High Schools across the nation. The Surgeon General along with the Center for Disease Control and Prevention have reported a statistically significant rise in e-cigarettes usage in teenagers to the point where they are referring to the problem as an epidemic. The statistics are indeed alarming. According to the Surgeon General, 20% of high school students across the country are using those e-cigarettes. Assuming the numbers are accurate, that would mean that for high school of 2200 students, have about 450 students who are using those devices. Usage of e-cigarettes and vapes has increased by 78% from last year.



The graph on the left shows the growth in vape usage among students in the USA. The year 2018 saw a significant spike in usage.

Unfortunately, the e-cigarettes/vapes are very addictive. There are different types of those e-cigarettes with some containing THC, nicotine, or other harmful chemicals. THC is the chemical that is found in cannabis/marijuana which leads to the “high” feeling. Manufacturers of some types of e-cigarettes are flavoring the drugs (nicotine or THC) with sweet tasting molecules to mimic the sweetness found in sugar. The companies pry on young adults’ preference of sweet flavors. This creates a much more addictive situation for our young students who have brains that are still developing. The e-cigarettes/vapes come in different shapes and sizes making them very subtle. The CDC and Surgeon General has examples of what you could look for online.

From a parental/guardian perspective, it is a good idea to speak with your teenagers about those devices. It is best when parents/guardians are calm about the topic but it is critical to stress how negative the vapes can be on young people’s health. Tell your students that you are concerned about their health and that they are not better than cigarettes in any way. The chemicals found in those vapes are still considered carcinogens in addition to leading to long term addiction.

This information was extracted from <https://e-cigarettes.surgeongeneral.gov/> Please feel free to access this link if you would like more information on the dangers of vapes and e-cigarettes.

For parents and guardians, if you would like tips, this link provides this information → https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf