



April 6, 2018

Dear Heritage Families,

Safety is a major focus for Littleton Public Schools all year round, but with all of our end-of-the-year activities upcoming it receives an even heavier focus.

For the last year, Heritage has been addressing particular concerns about a type of vape pen called a Juul. These have grown increasingly popular among students in just a year. While the Juuls we have found thus far during student searches only contain nicotine, Juuls and other vaping devices have the potential to be manipulated to contain THC, the active chemical in marijuana. This flyer from Littleton Public Schools (LPS) contains images of Juuls and other devices used most commonly by students. In an effort to deter students from carrying and/or using these devices, we are tightening the consequences for possession of them on our campus.

Beginning Monday, April 16, 2018, students caught in possession of a Juul or other vaping devices will face a minimum of a one-day suspension. Further offenses will result in more significant consequences. The first offense for active use of tobacco (including electronic/vape devices) during the school day will continue to result in a minimum of a one-day suspension.

I also wanted to share a new resource in regard to helping teenagers use technology responsibly, especially social media. This particular article discusses the "[Negative Effects of Snapchat for Teens](#)." Snapchat is currently the most popular social media used by teenagers. While this article teaches readers about the negative effects of Snapchat, many of the tips included also help parents guide their teenagers in the safe, responsible, and productive ways to use any social media.

I am providing these resources to hopefully expand our partnership and to ensure that we come together as a community to begin to support our students in leading safe and healthy lives. Please help all of our schools and LPS by actively supporting our efforts and by opening a dialogue with our children about behaviors that can be detrimental to their wellbeing. As always, if you have questions or need additional information, please feel free to contact me or any of our administrators.

Sincerely,

A handwritten signature in black ink that reads "Stacey Riendeau".

Stacey Riendeau
Principal

THE BASICS

START THE CONVERSATION

Kids with supportive adults are less likely to use marijuana. It is important to talk to them early, before they have been offered marijuana.

LISTEN

Get their opinion and allow them to be heard.
Keep the relationship strong.

FOCUS ON THE POSITIVE AND SET CLEAR RULES

Talk about making choices that help them achieve their goals. Make your family rules clear and stick to them.

PRACTICE HOW TO SAY "NO"

Role-play with your kids how to handle situations when they are asked to use marijuana. Remind them it can be as simple as saying, "If I get caught I won't be able to do sports, theater, dance, etc.," or "My parents would ground me forever."

**UNLESS IT IS PRESCRIBED FOR
MEDICAL USE, MARIJUANA IS
ALWAYS ILLEGAL FOR YOUTH**

Information adapted from
Colorado's Good To know campaign
GoodToKnowColorado.com/talk

Littleton
Public
Schools



When talking with your children about how to turn down offers to drink or use marijuana, encourage them to stay **R.E.A.L.**

- R** **REFUSE** – *State firmly and clearly that they don't want to drink or use marijuana*
- E** **EDUCATE** – *Give an example of what could happen if they do drink or use marijuana*
- A** **AVOID** – *Suggest something else to do instead of drinking or using marijuana*
- L** **LEAVE** – *Leave the situation if they're still feeling pressured to drink or use marijuana*

Looking for additional information for parents? Go to:

www.speakknowcolorado.org

www.drugfree.org

<https://drugfree.org/resources/>

www.casafamilyday.org

To download the parenting toolkit, go to:

<http://denverrap.org/>

MARIJUANA INFORMATION FOR PARENTS

LITTLETON PUBLIC
SCHOOLS

Questions? Concerns? Call:

Katrina Vigil, LSW, CAC III
Substance Abuse Specialist

kvigil@lpsk.12.co.us

303-347-4726

Jill Wilschke, LMFT

Substance Abuse Specialist

jwilschke@lpsk.12.co.us

303-347-3887

UNIVERSAL SYMBOL



All retail marijuana products are required to use the symbol pictured above on packaging and edible products. Teach your kids to not eat or drink anything with this symbol. If you have marijuana products at home, always store them securely.

EDIBLES

The effects of edibles, teas and sodas can take up to 4 hours to reach their full effect, causing the user to sometimes consume too much. The effects can also last longer than smoking: up to 10 hours. Colorado law dictates serving size is 10 mg or less and each "serving" should be marked with the symbol above. Products may contain more than one serving of THC, increasing risk of over-consumption.

TOPICALS

THC Infused lotions, salves and balms are sold for localized pain and inflammation. They may treat skin problems or pain but do not make the user feel high. Topicals with active THC/CBD are subject to legal age restrictions.

SMOKING

Smoking is the most common form of marijuana use among youth and adults. Marijuana is commonly smoked using joints, pipes, vapes, "dabbing," or bongs.



VAPING

Vaporizers heat marijuana to release the active THC, CBD or other cannabinoid vapor which is then inhaled. "Vapes" come in a variety of shapes that are often disguised to look like other objects. They create little to no odor when used, making them harder to detect. They can be used with nicotine or marijuana.

"JUULING"

Juul is a type of vape pen that is growing in popularity. It looks like a flash drive and is charged through a USB outlet. Juul's marketing appears to target children and is advertised through social media. Juul can be purchased online.



DABBING

THC extract from marijuana is used to create concentrates, that is also called hash oil, shatter or wax. It can contain from 60-99% THC. When dabbing, the oil is heated through a glass pipe with a hollow metal rod and the vapor is inhaled. Dabbing delivers an immediate high as well as toxins and other potentially dangerous chemicals. Dabbing is a newer trend but existing research shows harmful effects of high THC doses on young, developing brains.

POTENCY

Retail marijuana can have different levels of THC. Low THC potency marijuana might be somewhere around 8% and high potency can be as high as 99%. **Today's marijuana is much more potent than marijuana from 10+ years ago, making it a significantly greater physical and psychological risk.**

CONSEQUENCES

Using recreational marijuana before 21 can result in a Minor In Possession (MIP) charge. An MIP involves fines, public service hours, other misdemeanor or felony charges and the possible loss of a driver's license. Marijuana charges (including MIP) can lead to the loss of federal financial aid for college (including Perkins Loans, Pell Grants, PLUS Loans, Work-Study programs, etc). Many employers don't allow employees to use marijuana which could mean losing a job and kids can be suspended/expelled from school, referred to drug counseling and/or kicked off sports teams and other after-school activities.

WHAT TO LOOK FOR

If your child is showing some of the following warning signs, it is a good idea to talk with them about what is going on; lack of energy, grades dropping, change in speech, bloodshot eyes or dilated pupils, alcohol or prescription medicine goes missing from the house, hanging out with new friends and not letting you meet them, talking about alcohol or drug use on social media and/or breaking curfew. Check out www.speaknowcolorado.org for more info