



Upcoming Events

- Problem Gambling Awareness Month
- Women's History Month
- 12 / Girl Scout Day
- 20 / First Day of Spring
- **24 / SAP Consortium**
- **22-28 / National DRUG and ALCOHOL Week**

Center for Humanistic Change

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How Vaping Can Lead to Lifelong Addiction

Vaping has become common in teen life—at school, online, and in social settings. Many teens believe it's low risk or easy to quit, but that assumption is wrong. Today's vaping products deliver nicotine in ways that can quickly change how a teen's developing brain works, turning casual use into cravings and loss of control faster than expected.

While vaping was originally created to help adults quit smoking, it has also led millions of teens to become addicted to nicotine, often for life. Nicotine can permanently alter brain development, affecting attention, mood, and impulse control, and increasing the risk of future addiction.

E-cigarettes also expose users to harmful chemicals, including toxic metals and substances linked to lung disease. Teens who vape are more likely to go on to use other tobacco products and are more than four times as likely to start smoking cigarettes. Most adults with nicotine addiction began using tobacco as teens, when the brain is most vulnerable.

In 2024 alone, 2.13 million U.S. teens used e-cigarettes, according to the National Youth Tobacco Survey. Since 90% of lifelong addiction begins during the teen years, early prevention and education are critical.

What Parents Can Do

Prevention starts with awareness and ongoing conversation. Many teens underestimate the risks of vaping, and parents can help by sharing accurate information over time—not through one big lecture, but through repeated, open discussions. Teens are especially sensitive to nicotine and can show signs of addiction after very limited use.

When talking with your child:

- Create a safe, judgment-free space
- Listen first and ask curious questions
- Keep conversations casual and brief
- Use everyday moments—TV shows, news, or school stories—as natural openings

Simple questions like *"What do you see happening with vaping at school?"* or *"Why do you think it's hard for some kids to say no?"* can keep the door open.

The Role of Educators

Vaping often shows up on campus, and educators may notice it before families do. Understanding that repeated vaping may reflect addiction—not just poor choices—allows schools to respond with support rather than only discipline. Conversations rooted in curiosity and respect help build trust and encourage healthier decision-making.

These discussions fit naturally into advisory, health classes, small groups, or one-on-one check-ins, and they help students build lifelong skills like decision-making, managing pressure, and speaking up for themselves.

Keep the Conversation Going

Small, consistent conversations matter more than one big talk. When teens feel heard and supported, they're more likely to make healthy choices. Prevention starts with connection—and families and schools don't have to do it alone.

Nicotine affects
brain development,
which continues
to age 25.



A Parent's Guide to Dealing With Fortnite Understanding the appeal and setting boundaries

If your child plays Fortnite, you may already know how hard it can be to pull them away from the screen. The game blends creative world-building with shooter-style competition, and its less graphic visuals often make parents more comfortable allowing younger kids to play.

Fortnite is highly social and competitive. Kids can play with real-life friends, which can create fear of missing out if others are online. Short rounds and frequent "almost wins" can make the game especially hard to put down.

Because of this, it's important for parents to set clear limits on screen time so gaming doesn't interfere with school-work, sleep, family time, or offline activities. Kids should also be reminded to treat others respectfully in the game and avoid saying anything they wouldn't want a parent or teacher to hear. Setting clear rules early—and sticking to them—helps create healthier gaming habits.

Teen Gambling: What Parents Should Know

Online gambling is increasingly reaching teens, especially boys, despite age limits. Because teens' brains are still developing, they're more vulnerable to impulsive behavior and addiction. Access often happens through shared accounts, peers, offshore sites, or gaming features that mimic gambling. Even without addiction, gambling can negatively affect mental health, relationships, grades, and finances. Warning signs include obsessing over sports stats, missing money, secrecy, sleep disruption, and withdrawing from activities.

Parent Tips

- * Start conversations casually when gambling ads or sports come up
- * Ask questions and listen—avoid lectures or shame
- * Monitor shared accounts and set transaction alerts
- * Talk about odds, money, and why gambling isn't a reliable way to earn
- * Seek help if gambling is affecting school or behavior



CHC offers Information Tables During School Lunch!

Lunchtime tabling in the middle and high schools provides an opportunity to connect with students to share important information about drugs, alcohol, and other teen concerns. CHC facilitators bring a variety of materials covering trending topics, and offer mini-lessons on nicotine and marijuana as well as interactive games with prizes.

For more information and to schedule, contact CHC at (610) 443-1595, or email to:

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Schedule a CHC Program

Single Session Programs

- Choices, Chances, Changes and/or Current Drug Trends
- SOS/Signs of Suicide Prevention
- Youth Vaping Prevention
- Gaming in Gambling
- Sports Betting
- Teens/Kids and Technology
- Clean Break
- Addiction & Opioid Crisis Jeopardy Game
- Social Media Awareness

Multi Session Programs

- Creative Clubhouse / Summer
- Botvin Life Skills Training
- SPARK / Student Mentoring
- CATCH My Breath
- Project Toward No Drug Abuse
- Strengthening Families (and Familias Fuertes in Spanish)

Online
Program
Request
Form



CHC SAP programming and activities are funded in part by the Pennsylvania Department of Drug and Alcohol Programs with Lehigh and Northampton County Drug and Alcohol.

3rd Annual Benefit

SPRING GOLF OPEN



Monday, May 4, 2026

Green Pond Country Club

Check-in Opens 8AM - Scramble Start 10AM

Individual Player - \$175

Includes 18 holes of golf with cart, lunch, buffet dinner, contest and raffle prizes. **Sponsorships available!**



Visit the CHC website at www.thehc.org for online registration, sponsorships, or to download tournament information.



Join the fun and friendly competition to support the prevention education programs and services provided by the Center for Humanistic Change.