

Dear Parents and Students,

The number of middle and high school students using e-cigarettes (vaping) is growing. We need your help to stop this health crisis! We sent you this letter because the Little Rock School District (LRSD) and the University of Arkansas for Medical Sciences (UAMS) are looking for parents and students to join a research study focused on student vaping.

### **What is vaping?**

Vaping is the use of any electronic cigarette. Electronic cigarettes, or e-cigarettes, are battery-powered devices that heat liquid into a vapor that can be inhaled (breathed in). Some common names you may have heard are:

- Vapes
- Juul
- e-cigs

### **Why is vaping harmful to students' health?**

When students vape, they are breathing in large amounts of nicotine, which is known to cause damage to their brain. Because their brain has not fully developed during the teen years, teenage vaping may harm their brain development. The liquid nicotine in vapes can also cause breathing problems and lung damage. The damage caused by vaping could last a lifetime.

### **Why is this research study being done?**

This study will help us learn how to prevent vaping and help students who want to quit. This study has been approved by the UAMS Institutional Review Board (IRB).

### **Who can join the study?**

We are looking for parents and students to join the study. We need input from everyone. You can join whether or not you or your child vapes. You must have a device that connects to the internet. You must also have an email address.

### **What will I do if I join?**

If you join, you will join a 1-hour Zoom™ meeting. You will be in a small group with other people like you. For example, middle school students will be in groups with other middle school students, and parents will be in groups with other adults. In the meeting, you will discuss how to prevent vaping and help students who want to quit. Those who wish to join must have access to an internet connection and an email address. After the session, we will give you a gift card, in the amount of \$20, for your time and feedback.

### **Will the information I share be private?**

Other people in your small group will hear what you say. But, study staff will keep information about each participant confidential (private). They will not share it with LRSD.

### **Who should I contact if I wish to join?**

If you wish to join, or have any questions or concerns, please contact Lynette Matthews:

- Email: [lmathews@uams.edu](mailto:lmathews@uams.edu)

- Phone: 501-686-5390

**What if I want to speak to someone outside of the research study?**

If you have any questions or concerns, and you wish to speak to someone outside of the study, you may call UAMS at 501-686-5667.

On behalf of the LRSD and UAMS, thank you for considering joining a study that will help keep kids healthy for many years to come.

Thank you!

Nicole Ward, PhD, APRN  
Principal Investigator  
Clinical Assistant Professor  
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