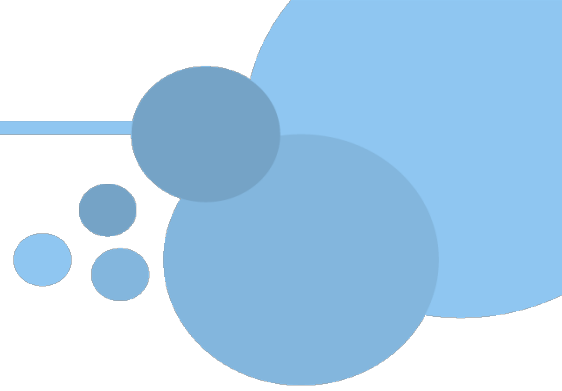


Vaping Information for Parents

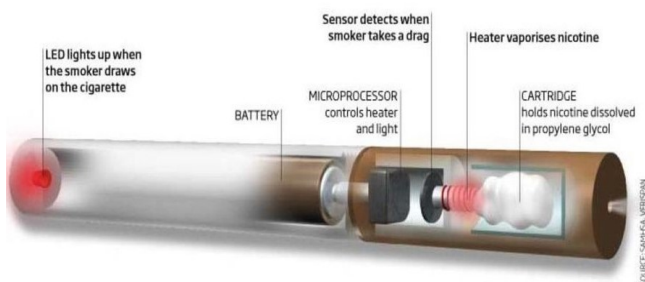


What is vaping?

Vaping is the act of inhaling and exhaling aerosol or vapor produced by a vape device, such as an e-cigarette. Because of the rise in popularity of JUUL, a specific type of vape device, many teens and young adults use the term “JUULING” (pronounced Jewelring), instead of vaping.

How does vaping work?

Vape devices contain 4 basic components: a cartridge or a tank to hold e-liquid (or e-juice/vape sauce), a heating element known as an atomizer, a battery and a mouthpiece to inhale.



Vape devices can look like regular cigarettes, cigars or pipes, while others resemble USB sticks, guitar picks or a small cell phone.

What substances are being vaped?

While many substances can be vaped, 3 are most common:

- 1) Flavored e-liquids with nicotine;
- 2) Flavored e-liquids; and
- 3) Marijuana.

The e-liquids come in small bottles or in pre-filled pods or cartridges. Pods are the component that contains the e-liquid.

How harmful is vaping?

E-cigarettes are the most used tobacco product among youth in the U.S. Many youth are unaware of the health impacts of vaping.

Severe lung injuries

Vaping-related respiratory illnesses have become a very serious outbreak throughout the country affecting all age groups, especially teenagers. Many teenagers have experienced permanent lung injuries secondary to vaping. Vaping has been associated with more than 50 deaths.

Poisoning and burn injuries

The lithium batteries of e-cigarettes may explode, resulting in fires and severe burns. The accidental ingestions of e-liquid in children may cause seizures, burns, or even death.

Dependence

The recurrent use of vaping devices increases dependence in teenagers and increases the risk of using other tobacco products, such as cigarettes. Vaping may also increase the risk of illicit drug use.

Exposure to nicotine

Flavored e-liquids may contain different levels of nicotine and can deliver much higher concentrations of nicotine to teenagers' brains compared to regular cigarettes. The nicotine in 1 JUUL pod = 1 pack of cigarettes. Due to the fact that the brain is undergoing massive changes during adolescence through the mid-to late 20's, nicotine use may rewire the brain, making it easier to get hooked on other substances and contributing to problems with concentration, learning and impulse control.

Exposure to THC

Marijuana can be vaped in both the leaf form or using THC and/or CBD oil. Most of the THC e-liquids come from black market and can contain THC levels as high as 95% which can cause severe lung damage. Marijuana diminishes teenager school performance and increase risks of mental health issues like depression or anxiety.

What can parents do to prevent vaping?

Talk to your teens

Opportunities to discuss vaping with your child may present themselves in numerous ways: letters from the school about vaping policies, advertisements, seeing someone vaping, or passing by a vape shop. Be ready to listen rather than give lectures. Start a conversation by using open-ended questions, such as, “What do you think about vaping?”

If your child is vaping, it helps to understand why. Try asking questions like, “How does vaping make you feel?” The answer might shed light on your child’s needs, which can be addressed in a healthier way.

Set clear expectations. Share why you do not want your child to vape (i.e., concern about toxins, nicotine, marijuana, injuries due to batteries, and a gateway to cigarette smoking).

If you have a younger teen, it may help to role play refusal skills. After all, if your child is in middle school or older, they are likely to be in social situations where they are offered an opportunity to try vaping. You might ask, “What would you say if someone offered you their vape?” Practicing responses such as, “No thanks, I’m not interested,” with direct eye contact and assertive body language.

Be a good role model

Set a positive example by being vape- and tobacco-free. If you do vape, keep your equipment and supplies secured.

Use teen-friendly apps and resources

“This Is Quitting” created an app that has already helped thousands of people quit smoking cigarettes. And now, it can help you quit vaping and e-cigarettes, too. You will get access to tons of resources—including on-demand support for cravings, stress and slips, plus regularly scheduled messages and reminders that are designed to help you quit.

Talk to your primary care physician

If your child is struggling, do not be afraid to talk to your doctor about counselling and quitting services available in your area.

Resources

Tobacco Free Florida

<http://tobaccofreeflorida.com/eeepidemic/>

American Academy of Paediatrics

<https://www.aap.org/en-us/advocacy-and-policy/state-advocacy/Documents/E-Cigarettes.pdf>

American Collage of Emergency Physicians

<https://www.acep.org/>

Vaping Quiz

<https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/the-ugly-truth-about-vaping>

Report product safety concerns

www.safetyreporting.hhs.gov

E-Cigarettes

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm

The Parent Tip Sheet

https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf

Helpline

www.drugfree.org/helpline

News Clip

https://www.nbcdfw.com/news/health/East-Texas-Teen-Battling-Possible-Vaping-Related-Illness_Dallas-Fort-Worth-559976572.html

This is Quitting

<https://truthinitiative.org/thisisquitting>