

VAPING IS EVERYWHERE



37% of high school seniors reported that they had vaped, and the numbers are only rising. Preventing teens from vaping and life-long nicotine addiction is an important goal that can be achieved through education and open dialogue.

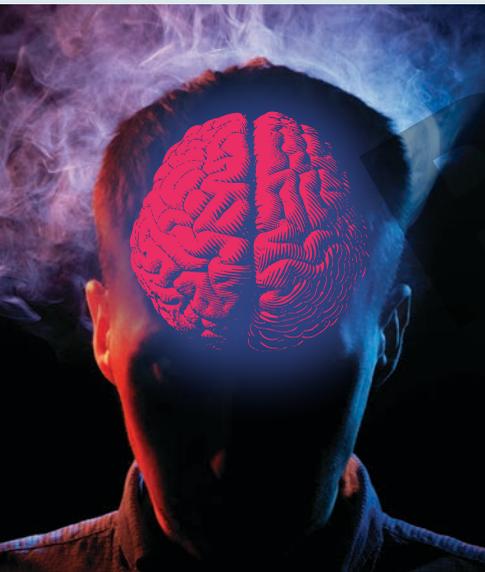
Let's Get Talking About Vaping...

One of the most important things you can do as a parent to prevent teens from vaping is to sit them down and have a conversation about it. Before you begin, you should know the facts about vaping. Vaping has become incredibly common among teenagers in recent years, but what is it and is it dangerous?

What is Vaping?

Vaping is a new and largely unresearched way to consume nicotine, the addictive chemical found in tobacco. Vape juice, a liquid made of water, glycerine, flavorings, and different amounts of nicotine, is heated up by a battery device and inhaled. Popular vapes like Juul contain an equal level of nicotine as an entire pack of cigarettes. This makes it easier for teens to develop addictions faster and more potently.

BRAIN-CHANGING DANGER AND ADDICTION



Nicotine is one of the most addictive substances in the world and starting young can hook you for life. Teen vapers have a harder time quitting as their brain develops around the addiction. Statistics now show that teen vapers are also 4x more likely to start smoking cigarettes. Vaping is a fast path to nicotine addiction in all of its forms. Early nicotine addiction can make it easier to become addicted to other drugs such as meth and cocaine.

The human brain doesn't finish developing until age 25. Clinical research has shown that teens that vape are messing with their brain chemistry. Teen vapers do not perform as well on tests of memory and attention and have decreased brain activity in the prefrontal cortex, the part of the brain where planning and other complex activities occur.

RESOURCES

American Lung Association:

www.lung.org/stop-smoking/smoking-facts/e-cigarettes-and-lung-health.html

Office of Smoking and Health (OSH):

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

U.S. Surgeon General's Know the Risks:

e-cigarettes.surgeongeneral.gov/default.htm

>INFOCUS

A PARENT'S
GUIDE TO VAPING



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How Can I Spot a Vape?

There are two common types of vapes: pod-based systems and tank-based systems. Popular vapes like Juuls and the Smok Novo are pod-based and small, making them hard to spot, but tank-based systems are usually larger and easier to see. Every vape has a battery and a pod/tank for storing the vape juice. Look for sleek, slender devices with a noticeable mouthpiece.



What About Vape Juice?

The first thing to look for is sweet smells. Vapes don't smell the same as other tobacco products as vape juice is usually a fruity flavor. If your teen suddenly smells like a fruit cocktail there might be some cause for concern. Vape juice is also sticky and thicker than water.

What About Vape Juice Containers?

Vape juice containers usually sport bright and colorful labels, a marketing tactic the vape industry has been condemned for because the designs are attractive to teens and children. Vape juice containers come in two common forms: squeeze bottles and dropper bottles.



Research Unknown

Because vaping is relatively new there is little research on its long-term health effects. Some clinical studies have shown that vaping daily doubles your risk of heart attack and researchers have found carcinogens (cancer-causing chemicals) in the urine of teen vapers. When people vape, they inhale tiny particles that can damage the lungs. Vape use has led to severe respiratory infections and "wet lung," a nasty condition that can lead to respiratory failure.



Vaping Quick Facts:

- Vapes contain nicotine - a highly addictive chemical found in tobacco.
- Nicotine changes a young person's brain placing them at risk for other addictions.
- Using nicotine may make it harder to pay attention, learn and make good decisions.
- The long-term health risks of vaping are unknown - don't be a guinea pig.
- Vapor has tiny particles that can lead to lung damage.
- The flavoring and other chemicals found in vape juice are unregulated and are potentially dangerous.
- Vaping can cause cardiovascular problems and "wet lung" syndrome.
- Teen who vape are 4 times more likely to start smoking cigarettes.

How Can I Prevent My Teen From Vaping?

One of the most important things you can do as a parent to prevent your teen from vaping is to sit them down and have a conversation about it. Start the conversation by asking how prevalent vaping is at school? How many teens in their grade vape? Many teen vapers are unaware that vaping contains nicotine, so a good first step would be to educate them on the dangers of nicotine. Be cautious: saying something like, "It's bad for you, don't do it," simply ends the conversation. Clearly state the dangers, but take a softer approach to the subject of vaping. Here are some "Talk Tips:"

- Know the facts about vaping before you start.
- Be patient and listen, the goal is to have a conversation - not a lecture.
- Find a good moment to start the talk. Let the talk come naturally as you pass a vape store, see someone using a vape or see a vape advertisement.
- Set a positive example by being nicotine free.



- If you need more information, talk to a health care provider about the dangers of vaping.
- Answer your teen's questions honestly. If there's something you don't know, admit it and suggest that you find the answers together.

What If My Teen Is Already Vaping?

Nicotine addiction is difficult to break. Sending an addict into total withdrawal is not the best way to stop addiction. Teenagers have relatively easy access to vapes- if your teen is addicted, they will find a way. Many teens don't see vaping as harmful, so getting angry possibly could just escalate the situation. The best approach is to be calm and understanding of the possible social pressures that compelled them to vape in the first place. Then, clearly and empathetically explain to them how vaping is dangerous.

Experts on the topic recommend also engaging them in a sport, hobby, meditation, or yoga. Sometimes hobbies like these can help take teens' minds off of nicotine cravings. Nicotine replacement therapies, such as lozenges or patches may help. Reach out to your doctor to see what options are available to help your teen get nicotine free.

**Vaping is an epidemic.
Education is the vaccine.
Protect your child from
vaping and e-cigarettes.**

