

TALK WITH YOUR TEEN ABOUT VAPING

A TIP SHEET FOR PARENTS

WHAT IS VAPING?

Vaping involves the use of a device, such as an electronic cigarette (e-cigarette), which essentially heats a liquid solution into an aerosol that the user inhales into their lungs. These devices are sometimes referred to as electronic nicotine delivery systems (ENDS) and encompass e-cigarettes, e-cigs, e-pipes, e-cigars, cigalikes, e-hookahs, mods, vapes, vape pens, tank systems, and re-buildable dripping atomizers. Initially designed for vaping flavored liquids with or without nicotine, people are increasingly using these devices to vape cannabis-derived compounds, such as tetrahydrocannabinol (THC) or cannabidiol (CBD), as well as other drugs.¹

WHAT ARE THE HEALTH RISKS OF VAPING?

When a person uses an e-cigarette, the liquid inside heats up and turns into an aerosol, typically containing nicotine, flavorings, and chemicals, some of which are toxic. The e-liquids often come in flavors, but the chemicals used to create these flavors can be harmful to the lungs. E-cigarette aerosol can also contain other chemicals like formaldehyde, a carcinogen, and metal particles such as nickel, lead, chromium, tin, and aluminum. Inhaling e-cigarette aerosol delivers these chemicals to the lungs, where they can cause damage. The effects may be long-lasting and even fatal.

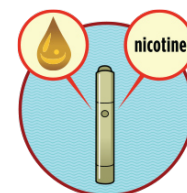
In 2019, the Centers for Disease Control and Prevention (CDC) and the U.S. Food and Drug Administration (FDA) reported an outbreak of severe lung illnesses in almost every state.² Thousands of people, including many teenagers and young adults, became sick after using vaping products, including e-cigarettes. Patients reported symptoms like difficulty breathing and chest pain. Some individuals suffered permanent lung damage, and several people died. As the CDC and FDA continue to investigate the cause or causes of the outbreak, one conclusion is evident: Using any type of vaping product can seriously jeopardize your health.

VAPING IS ADDICTIVE

Toxic chemicals are not the only harmful substances inhaled when a person vapes. Most vaping devices, including all Juul models, also contain nicotine. This is the same highly addictive chemical found in other tobacco products like traditional cigarettes and smokeless tobacco ("dip"). In fact, one Juul pod contains as much nicotine as an entire pack of cigarettes.³

Nicotine use causes changes in the brain that make a person crave more of the drug. When someone vapes, nicotine enters their bloodstream through their lungs and reaches their brain within 10 seconds.⁴ The drug triggers a surge of dopamine, a brain chemical known as a reward chemical. This means it makes the person feel good, prompting them to vape even more, which can lead to addiction.

Teenagers and preteens are more susceptible to addiction than adults because the brain continues to develop until a person reaches their mid-twenties. Exposing an adolescent's brain to nicotine can cause effects on attention, learning, and memory that promote nicotine addiction. Studies also show that teens who vape are more likely to start smoking traditional cigarettes. One likely explanation is that they have become addicted to nicotine.



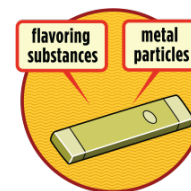
Most e-cigarettes, including the popular Juul brand, **CONTAIN NICOTINE**, the same highly addictive chemical in regular cigarettes.

70%

of current middle school e-cigarette users report using a flavored product.



Teens are more susceptible to nicotine ADDICTION than adults because their **brains are still developing.**



Some e-cigarette aerosols contain **chemicals, such as formaldehyde**, that can **CAUSE CANCER.**

1. Hiler, M, et al. (2017) *Exp Clin Psychopharmacol.* 25, 380-392. 2. Centers for Disease Control and Prevention (2019) [cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html). 3. Wynne C, et al. (2018). Poster presented at Annual Meeting of the Society for Research on Nicotine and Tobacco, Baltimore, MD. 4. St Helen, G, et al. (2016) *Addiction.* 111, 535-544.

Talking to your child about vaping is not easy. The vaping industry has been misleading our children about their product, emphasizing the absence of tar and other chemicals found in cigarettes, but completely ignoring the dangerous metals and chemicals found in their e-liquid, not to mention the addictiveness of nicotine. You have the facts on your side, unfortunately the facts may not be enough. Your timing, delivery, and ability to

listen and ask questions may be what makes the difference. Here are our suggestions to have an impactful conversation about vaping:

1. Educate yourself

Before having the conversation with your teen, make sure you educate yourself on the dangers of vaping. Learn about the health risks, legal consequences, and signs of use. Having a clear understanding of the risks will help you have a more informed conversation with your teen.

2. Start the conversation

Start the conversation by expressing your concerns about vaping. Be clear and honest about the risks and dangers associated with these substances. Explain that you want your teen to be healthy and safe, and that you're there to support them.

3. Listen and be open

Listen to your teen's perspective and be open to their thoughts and feelings. Avoid lecturing or talking down to them. Instead, try to have a two-way conversation where you both share your opinions and concerns.

4. Set clear boundaries

Make sure your teen knows your expectations regarding vaping, alcohol and drug use. Set clear boundaries and consequences for breaking those boundaries. For example, you may want to set rules around curfew or limit your teen's access to certain places or people.

5. Offer support

Let your teen know that you're there to support them, no matter what. Encourage them to come to you if they have questions or concerns. Offer to help them find resources, such as counseling or support groups, if they need it.

IMPORTANT FACTS TO SHARE WITH YOUR TEEN

VAPE AEROSOL CAN CONTAIN HARMFUL CHEMICALS

Vaping can expose the user's lungs to harmful chemicals like formaldehyde, acrolein, and acetaldehyde, which are known to cause irreversible lung damage.

THERE CAN BE DANGER BEHIND THE FLAVOR

Vapes get their flavors from chemicals like diacetyl and acetoin. While these flavorings are safe to eat in food, they're not safe to inhale. Inhaling diacetyl has been linked to popcorn lung, a lung disease that doesn't have a cure.

MOST VAPES CONTAIN HIGHLY ADDICTIVE NICOTINE

Vaping delivers nicotine to the brain in as little as 10 seconds. A teen's brain is still developing, making it more vulnerable to nicotine addiction. Nicotine exposure during the teen years can disrupt normal brain development and may have long-lasting effects.

VAPERS COULD BE INHALING METAL PARTICLES INTO THEIR LUNGS

Vape aerosol could be delivering metal particles like chromium, nickel, lead, tin and aluminum right into your lungs. Some of these metals are toxic.