

TALKING TO MY TEEN ABOUT VAPING



WHAT PARENTS NEED TO KNOW

WHY IS VAPING SO RISKY?

- *Vaping* is not harmless water vapor. It is actually an *aerosol* containing known toxins, and chemicals including formaldehyde, diacetyl, and propylene glycol
- Even second-hand aerosol can be harmful.
- Over 90% of vape products contain *nicotine*, sometimes in very high, easily absorbed concentrations (e.g. JUUL)
- Nicotine is *highly* addictive. It primes the teen for life long addiction. 1 in 4 teens will go on to traditional cigarette use. Nicotine is harmful to teens' developing brains; it interferes with memory, focus, and learning
- Flavorings may be safe to eat but contain ingredients that are harmful to breathe in, especially when they are heated
- No vaping product is FDA approved for safe use



WHAT TEENS MAY BE HIDING

- Teens use small, easily hidden devices such as Puff Bar. Often these devices look like ordinary objects in a school bag or on a desk. Devices can look like USB drives, white out, highlighters, pens, watches.
- Devices can be discretely charged in any USB port
- Devices do not always produce large clouds. It is possible to vape undetected in spaces like classrooms, libraries, or at home.

WHAT ABOUT VAPING-RELATED LUNG INJURY?

- Vaping increases risks for lung illness (such as COVID-19)
- Vaping may worsen symptoms if you get any lung illness
- Vaping can cause *permanent* damage to the lungs



ADDITIONAL NICOTINE RISKS FOR TEENS

- People who vape may also experience nicotine overdose, sometimes called “nic sick”. Because the nicotine content is so high in many devices, new users may experience nicotine toxicity.

Symptoms:

- Vomiting and headaches may be the most common
- Also dizziness, loss of orientation, and in rare cases seizures

STARTING THE CONVERSATION

- Now that you have the basic information on vaping – you need to talk with your teen. The CDC and the Surgeon General have the best advice with actual examples of a REAL conversation. Available in English and Spanish

We highly recommend going to:

<https://e-cigarettes.surgeongeneral.gov/resources.html#parent-tip-sheet>

- Talk early. Ask open-ended questions that require more than yes or no answers. If they are vaping, let them tell you why they are doing the behavior. THEN tell them why they shouldn't.

**COMMON
DEVICES**



LISTEN. KNOW THE FACTS. BE READY TO HELP.

Text DITCHVAPE to 88709 | Text VapeFreeVa to 873373 | Quitline: 1-800-QUIT-NOW

For more information and links to other resources go to www.rethinkvape.org/resources

Adapted from “A Clinical Practice Guideline for Treating Tobacco Use and Dependence: 2008 update.
A U.S. Public Health Service Report” Am J Prev Med. 2008-158-178