

WHAT'S IN YOUR VAPE?



TOOLKIT FOR PARENTS, GRANDPARENTS & CAREGIVERS

UNDERSTANDING YOUTH VAPING

WHAT YOU CAN DO/PREVENTION

DID YOU KNOW?

TALKING TO YOUR KIDS

RISK FACTORS AND RESOURCES

UNDERSTANDING YOUTH VAPING



What is Vaping?

“Vaping” is a term used to describe the act of using an electronic nicotine delivery system (ENDS) to inhale vaporized aerosol products called e-juice or e-liquid.

ENDS includes a wide variety of products that look like cigarettes, pens and thumb drives. Vapes are sold in vape shops, gas stations, convenience stores and online in the form of e-cigarettes, e-hookah pens, mods and tank systems.

How does it work?

A cartridge is filled with e-juice or e-liquid and placed into the battery operated device. Pressing the button on the device heats the e-liquid which forms a vapor. The vapor is then inhaled.

Devices can also be modified to vape marijuana in the form of wax, juice and oil.

What is a Juul? *(pronounced jewel)*

Juul is a popular ENDS product used among youth, that resembles a USB flash drive. Each pre-filled pod contains as much nicotine as a pack of cigarettes.

According to the product website and Truth Initiative.

VAPOR CAN BE ODORLESS. THIS MAY MAKE IT DIFFICULT TO DETECT USE.

UNDERSTANDING YOUTH VAPING

WHAT YOU CAN DO/PREVENTION



Have the conversation. Children begin experimenting with vaping, tobacco, alcohol and marijuana at young ages. It is important to start the conversation early and continue through the teen years. Communicate your values and messages clearly. Share your concern for their health and safety.

Have a clear message. Make sure your teen knows your expectations. Substance use is not a rite of passage, and not all kids experiment with drugs and alcohol. Teens who use substances have more problems with school, the law, their health and forming healthy relationships. Let them know there are consequences to substance use - both in terms of their health and for breaking your expectations.

Set a good example. Be a role model for healthy habits. If you use tobacco, it is never too late to quit. If your teen is vaping, quit together by visiting smokefree.gov.

Use teachable moments and normalize the discussion. Have a discussion when you see or hear a vaping advertisement, when there is a story about substance abuse in the news or while driving in the car.

Recognize vape devices and products. Research information about e-cigarettes and vaping on the surgeon general website. Know what these devices look like and understand how they work. This is an ever-changing industry - understand what is appealing and how vaping impacts current teens.

Get help. Parents often underestimate the seriousness of drug use. Seek out a professional and ask for help. Reach out to a guidance counselor or call a nearby counseling center to access prevention education and intervention services or for an evaluation. Your child's future depends on it.

<https://e-cigarettes.surgeongeneral.gov/takeaction.html>

WHAT YOU CAN DO/PREVENTION

DID YOU KNOW?



Electronic cigarettes (e-cigarettes) were the most commonly used tobacco product among U.S. middle school and high school students for the fourth year in a row in 2017.

Results from the National Youth Tobacco Use Survey, Food and Drug Administration, 2018.

MORE THAN 2 MILLION MIDDLE SCHOOL, HIGH SCHOOL AND COLLEGE STUDENTS VAPE

CDC, 2017.

- ▶ **E-cigarette use and Juuling are NOT a safe alternative to other forms of tobacco.** Youth who smoke e-cigarettes are becoming conventional cigarette users after initiating with e-cigarettes.

Michigan Tobacco Section; Electronic Cigarettes, August 2016

- ▶ **It's against the law.** The FDA regulates e-cigarettes which includes Juuls as "tobacco products." Under FDA Tobacco Control Act it is illegal to sell e-cigarettes to a minor under 18 years of age.

Michigan Tobacco Section; Electronic Cigarettes, August 2016

- ▶ **Use of vape devices for marijuana.** Among those who reported vaping, nearly 1 in 3 high school students and about 1 in 4 middle school students reported using cannabis in their vape devices.

Journal of American Medical Association, 2018

- ▶ **Vaping marijuana - increased risk.** THC levels found in marijuana concentrates/oil, which are used in vaping devices are 2-4 times higher than plant use. *"The higher the concentration of THC, the higher the likelihood of addiction and adverse medical consequences."*

- Dr. Nora Volkow, Director of the National Institute on Drug Abuse

www.justthinktwice.gov/facts-about-marijuana-concentrates

www.drugrehab.com/blog/2018/04/11/vaping-marijuana/

- ▶ **Marketing to youth.** E-cigarette companies use celebrity endorsements, novelty products and flavorings to attract youth. "Research shows flavorings play a key role in youth using tobacco products like e-cigarettes."

<https://www.tobaccofreekids.org/what-we-do/industry-watch/e-cigarettes>

- ▶ **Access.** Half of youth who use vape products report they obtained them by borrowing it from someone else. They can also have someone over 18 purchase it for them or purchase it over the internet.

Michigan Profile for Healthy Youth Survey/ Oakland County, 2018

DID YOU KNOW?

TALKING TO YOUR KIDS



Conversations can be a powerful tool parents can use to connect with and protect kids. When tackling a tough topic, such as vaping, figuring out what to say can be challenging. Here are some sample conversations that may be helpful.

► **Scenario:** At least I am not smoking.

◄ **What to say:** Vaping is dangerous. Just like smoking, putting chemicals and nicotine into your body can affect your health. I want you to make healthy choices and stay away from all drugs and alcohol.

► **Scenario:** Your child tells you their friend offered them to vape on the bus or in the bathroom.

◄ **What to say:** I appreciate you telling me, I hope you and your friends will stay away from vapes and Juuls. Vaping because you think it is cool, or trying it because everyone else is doing it is really dangerous. You are exposing yourself to nicotine which can hurt your body and be addictive. You do not know if that vape device had vape juice or marijuana oil in it. I just want you to be safe and healthy.

► **Scenario:** Your child says, “It can’t be that bad because everyone is doing it”.

◄ **What to say:** Science shows that nicotine is harmful for the body, especially teens. We don’t know how bad vaping truly is because it has not been around long enough to study long term effects. What experts do know is that toxic materials are generated when you heat up the vape juice. Also, vapes with defective batteries can catch on fire. Nicotine and marijuana use can negatively impact your developing brain, making it harder to concentrate and think clearly.



<https://e-cigarettes.surgeongeneral.gov/knowtherisks.html>

RISK FACTORS



What we know so far ...

- Weakened immune system
- Damage to gums and mouth
- Respiratory problems, shortness of breath
- Second hand vapor exposure
- Nicotine addiction, higher risk for an adolescent brain
- High blood pressure, irregular heart rate
- Headaches, dizziness
- Agitation, insomnia
- By-products when heated can include ethylene glycol (antifreeze); benzen (car exhaust); and heavy metals such as tin and zinc and cancer-causing agents called carcinogens.

American Lung Association, American Association of Poison Control Center, St Joseph Health System



RESOURCES

The Partnership for Drug-Free Kids drugfree.org

Oakland Community Health Network (248) 858-1210 • oaklandchn.org

Common Ground and Crisis Helpline (800) 231-1127

The Real Cost, FDA

<https://therealcost.betobaccofree.hhs.gov/homepage.html>

Talk Sooner: Helping Parents Prevent Youth Substance Abuse

<http://www.talksooner.org/drugs/e-cigarettes>

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html

<https://e-cigarettes.surgeongeneral.gov/getthefacts.html>

<https://drugfree.org/article/how-to-talk-with-your-teen/>



Alliance of Coalitions for Healthy Communities

(248) 221-7101 • achcmi.org

MYTH

E-liquids are safe and non-addictive.

FACT

Most e-liquids contain nicotine, which can be addictive when used. Check with the producer to see if nicotine is in their products.

MYTH

Anyone can vape.

FACT

You must be at least 18 years of age to purchase and use a vape device.

MYTH

My friends have tried it and they are ok. It should be fine for me to use too.

FACT

Nicotine found in e-liquid can cause harm to the brain, which is still developing until about age 25.

MYTH

Vaping is safer than regular cigarettes.

FACT

E-cigarettes are considered tobacco products because most of them contain nicotine. Scientists are still learning more about how e-cigarettes affect health (Center for Disease Control, Know the Risks).



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National Criminal Justice Reference System (ncjrs.gov)



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