

Dangers of Vaping

- ⚠️ **Nicotine is a highly addictive stimulant, particularly in teens**, and teen users are at increased risk of smoking cigarettes and using other addictive substances. When a person stops vaping, they can experience **withdrawal** including strong cravings, irritability, fatigue, headache, sleeplessness, and difficulty concentrating.
- ⚠️ The toxicity levels of the endless chemical combinations in vapes is unknown, especially once these chemicals are combined, heated, and inhaled. Even nicotine-free vapes have proven toxic.
- ⚠️ Many popular vaping devices can accept (or be modified to accept) **vape juice containing THC at much higher concentrations** than marijuana products of the past.
- ⚠️ The CDC has identified EVALI as a serious, **acute lung disease** associated with vaping which has killed young people.
- ⚠️ Multiple studies show a correlation between vaping and increased likelihood of contracting COVID-19 and its most serious complications.

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Community Coalition

Vaping 101

Typical vape ingredients include nicotine, flavorings, and other chemicals, many of which are toxic. Some vapes contain (or are modified to contain) marijuana or THC, the psychoactive drug in marijuana. A Google image search on “vapes” will illustrate many types of devices. **Small, flavored, disposable vapes like Hyde and Puff Bar** are popular with young users. These can be obtained from online retailers or dealers on apps like Snapchat. Payment services like Venmo are often used to facilitate transactions.



PREVENTION STARTS NOW

Prevention is much easier than cessation, so start talking to kids about the dangers of vaping long before they are exposed. Tell kids why you expect them to refuse vaping, **stick to facts**, avoid scare tactics, and help them prepare an escape plan and **practice refusal skills**.



SUPPORT

Acknowledge the **social implications** and help kids navigate them, supporting friendships with kids who don't use drugs. Your child needs you to **be their parent**, not their friend. Encourage them to talk, and listen attentively without alarm.



MONITOR

Limit physical access to acquiring vape products by overseeing money/bank accounts and limiting access to apps you can't monitor, like Snapchat. Keep track of all purchases made online. Be on the lookout for devices, parts, scents, and symptoms.



SEEK ADVICE

Ask your pediatrician for help. **Don't let embarrassment get in the way** of help for you or your kids.



1 in 5 High School Students Vape

In 2020, approximately 1 in 5 high school students and 1 in 20 middle school students reported using e-cigarettes.



Underage Vapers More Likely to Start Smoking

Studies show that adolescent e-cigarette users are nearly **4 times more likely** to subsequently use tobacco products.

Vaping is new and constantly evolving. Make it your business to stay informed. WHEN's monthly newsletter makes it easy. Sign up here: **whendfcc.org/subscribe**. More information at **WHENdfcc.org**.