



Vaping is very prevalent among young people.

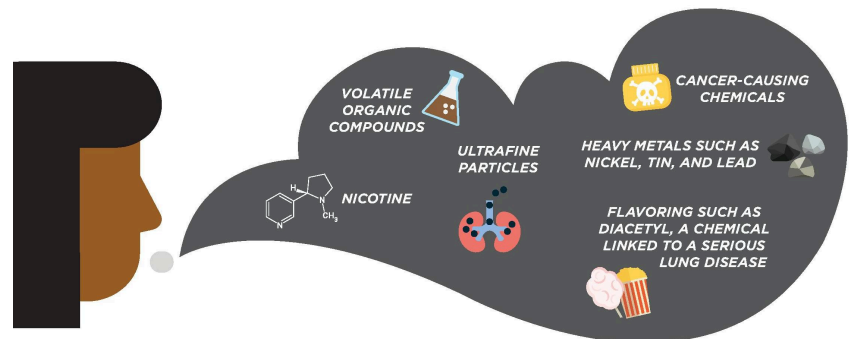
According to the FDA's annual National Tobacco Survey, the 2022 data showed that 2.5 million middle school and high school students use e-cigarettes. Of those that vape, 25% used on a daily basis, and 10.3% used their device within 5 minutes of waking up, suggesting that the addiction to e-cigarettes may be intensifying.

What is vaping?

According to Partnership for Drug Free Kids: Electronic cigarettes and vaporizers are battery-operated devices that people use to inhale an aerosol, which typically contains nicotine (though not always) along with flavorings and other chemicals or may contain hash oil or other THC-rich extracts (THC is found in marijuana products).

Vaping has been suggested to be a safer alternative to smoking traditional cigarettes, a claim the FDA will no longer allow manufacturers of vape products to make. The aerosol in e-cigarettes still contains chemicals that were not meant for the lungs. A recent study at Johns Hopkins University found that vapes expose users to as many as 2,000 different chemicals. In addition, most vape products have very high levels of nicotine.

THE E-CIGARETTE AEROSOL THAT USERS BREATHE FROM THE DEVICE AND EXHALE CAN CONTAIN HARMFUL AND POTENTIALLY HARMFUL SUBSTANCES:



What types of vape devices are being used by young people?



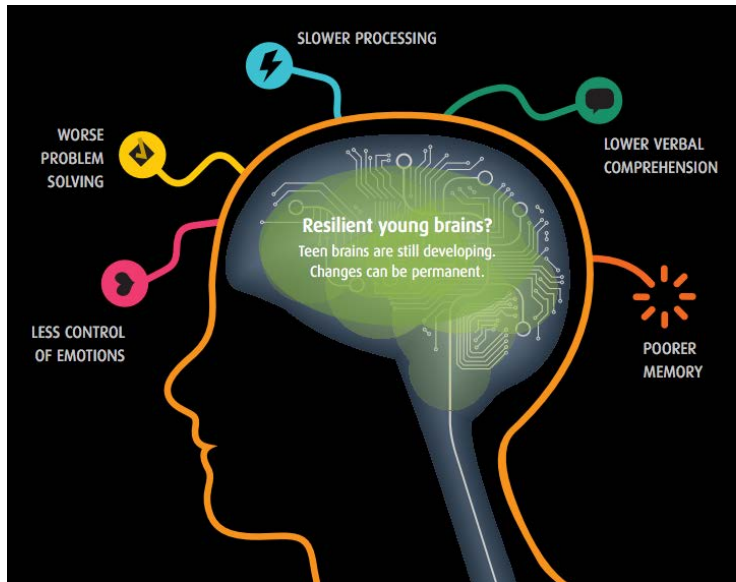
In 2021, the top e-cigarette brand amongst high school users was Puff Bar, with 26.1% reporting this as their usual brand. Currently, disposable devices, such as Puff Bar are favored by young people because flavor bans do not currently apply to disposable e-cigarettes. According to the FDA's National Tobacco Survey, 85% of teens that vape use flavored vape juice. There are vaping products that look more like a traditional cigarette, and some that look like pens and other office or school supplies. New vaping products are being designed to mask that they are vaping products, such as the "lipstick" shown in the picture below.

What substances are typically vaped by teens and how often are they vaping?

Most teens that vape are using products that contain nicotine (typically with flavorings) and/or products that contain marijuana (THC). According to the 2021 Monitoring the Future survey, an annual national survey of 8th, 10th and 12th graders, 26.6% of high school seniors have vaped nicotine in the last year and 30.5% of high school seniors have used marijuana (in any form, including vaping) in the last year.

What do we know about the effects vaping has on the body?

It takes about 50 years to be able to study the long-term effects of vaping, but there are some things we do know now. There are no healthy reasons to begin vaping. The FDA no longer allows companies to say vaping is safer than smoking traditional cigarettes.



Some Facts on Vaping Nicotine:

- ∇ Kids who vape are 4x more likely to start smoking cigarettes (JAMA Network Open)
- ∇ Impacts Brain Development – correlates to issues with memory, concentration, learning, self-control, attention and mood
- ∇ Primes adolescent brain for addiction

Some Facts on Vaping THC:

- ∇ THC concentrates are highly potent - about 30x stronger than marijuana in the 1990s
- ∇ Impacts Brain Development – changes areas of the brain associated with learning, memory, personality and motivation
- ∇ It's highly addictive. Teens have a 1 in 6 risk of becoming addicted to marijuana.

What are some ways to talk to your child about vaping?

- 5fa nci fg'Zk jh ZMtg** While it will take decades to truly understand the long-term effects vaping with have on the brain and body, but we do know there are chemicals in all vaping products and there is no healthy reason to start vaping.

 - **6YUddfUWU'YUbX]b]h]UH'Vtbj YfgU]cbgcb hcd]W** Teens often become defensive when they think a lecture is coming. Talking while in the car and using real life situations are some ways to bring up the subject. Keep the conversations casual and ongoing.
 - **5g_ h_Ya k \UhH_Ym_bck** With social media and the Internet at their fingertips, chances are they may be seeing references to vaping more than you think, and often these vehicles glamorize vaping. Likely, they have seen people they know vaping.
 - **9ghU]gh 7'YUFF i `Yg** Setting clear, specific rules is the foundation for the parental effort in prevention. Create the rules with your child and enforce them consistently.
 - **?bck H'Y]f: f]YbXg** Pay attention to who your child is hanging out with and take the opportunity to introduce yourself to their parents.
 - **6Yh_Y]f k Uhtci h** Let your child know that they can call you anytime to come get them or when in a peer pressure situation. They can use you as an excuse.
 - **GyhUb Yi Ua d'YVmY]b] h'UWt Z'YY** It may not always seem like it, but you are the biggest influencer in your child's life.

Additional Resources: <https://drugfree.org/parent-blog/how-to-talk-with-your-kids-about-vaping-guide/>
<https://teens.drugabuse.gov/parents/helpful-links>