

# 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 an aerosol. The aerosol 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](http://smokefree.gov) and/or [truthinitiative.org](http://truthinitiative.org).

**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 use e-cigarettes are 6x more likely to initiate traditional cigarette use.  
*Journal of the American Academy of Pediatrics, July 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](http://www.justthinktwice.gov/facts-about-marijuana-concentrates)  
[www.drugrehab.com/blog/2018/04/11/vaping-marijuana/](http://www.drugrehab.com/blog/2018/04/11/vaping-marijuana/)
- ▶ **Marketing to youth.** E-Cigarette companies attract youth to their products by using social media, releasing novelty and appealing flavors, and sponsoring events and scholarships. "43% of young people who ever tried e-cigarettes tried them because of appealing flavors". The FDA began taking action against marketing these flavors in May 2018.  
<https://truthinitiative.org/news/4-marketing-tactics-e-cigarette-companies-use-target-youth>
- ▶ **Access.** Half of youth who use vape products report they obtained them by borrowing it from someone else. They can also purchase it for themselves over the internet.  
*Michigan Profile for Healthy Youth Survey/ Oakland County, 2018*

# 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:** Your child says, “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. Research shows that you are at a higher risk to start smoking, if you vape. I want you to make decisions to keep your lungs healthy.

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

◀ **What to say:** I appreciate you telling me. It can be hard to say no, especially to a friend. When you try someone’s vape you don’t know what is inside it, or how it will make you feel. Vaping can cause a lot of serious health problems, like dizziness, difficulty breathing and increased heart rate. I just want you to be safe and make healthy choices. We can practice how to say no to your friends.

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

◀ **What to say:** Science shows that nicotine, a dangerous ingredient in vape juice 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 chemicals and metals are generated when you heat up the vape juice. Also, vapes with defective batteries can catch on fire. Vapes with nicotine and/or marijuana 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](http://drugfree.org)

**Common Ground and Crisis Helpline** (800) 231-1127

**Michigan Department of Health and Human Services Tobacco Prevention**  
<https://www.michigan.gov/tobacco>

**Truth Initiative**  
<http://www.truthinitiative.org/quitecigarettes>

**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://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/>

MONROE COUNTY  
**SUBSTANCE ABUSE**  
COALITION

(734) 242-1331

 /Monroe County Substance Abuse Coalition

## 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.

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## MYTH

Anyone can vape.

## FACT

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

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## 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 impact everyone differently. You don't know what symptoms you will experience. Nicotine can also cause harm to the brain, which is still developing until age 25.

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## 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).

