

## What is Vaping?

Inhaling the water vapor produced from a battery powered, electronic device which heats a flavored e-liquid contained within the device. The e-liquid may contain varying concentrations of nicotine or THC oil (Marijuana).

### What are the risks?

- ◆ E-liquids (whether containing nicotine or not) contain harmful chemicals; vapor contains chemicals known to cause cancer
- ◆ Nicotine is highly addictive and can damage the developing brain
- ◆ Less than 1/2 tsp of nicotine containing e-liquid can be fatal to a toddler
- ◆ Youth who vape are more likely to use other tobacco products in future

## DID YOU KNOW?

- ◆ Vaping rates among Wakefield high school youth have more than doubled: ~16% in 2016 to ~35% in 2017
- ◆ Vapor contains cancer causing chemicals (i.e. formaldehyde) and heavy metals (i.e. nickel)
- ◆ Up until late 2016, vaping products (devices and liquids) were not regulated by the FDA
- ◆ Vaping products are illegal to sell to youth under 21 (18 in some towns), but can be easily purchased online
- ◆ Vaping is a \$2.5 billion dollar industry in US; \$125 million is spent on advertising—much of it geared toward youth
- ◆ 7,700+ e-liquid flavorings exist—many appealing to kids including fruity, candy or bubblegum flavorings; 85% of e-cigarette users aged 12 –17 use flavored e-liquids
- ◆ Vaping devices can be used for other drugs like cannabinoids

## What Kinds of Vaping Devices are Available?

Source: [centeronaddiction.org](http://centeronaddiction.org)



Vape pen

Hookah pen

- Looks like a pen
- Come in variety of sizes and colors and contain flavored liquid with or without nicotine
- Can be disposable
- Some are rechargeable and can be re-filled with e-liquid
- Used with THC oil



JUUL

Photo credits: [www.juulvapor.com](http://www.juulvapor.com)

- Resembles a long USB stick
- Small, light, portable
- Uses disposable e-liquid "JUUL pods" each containing nicotine equivalent to a pack of cigarettes
- Inconspicuous



Vape MODS

Personal Vaping Devices

Photo credits: [www.slimvapepen.com](http://www.slimvapepen.com); [vaping360.com](http://vaping360.com)

- Larger devices
- Rechargeable
- Can be filled with flavored e-liquid containing nicotine or other illicit substances

## What is the norm? Are Wakefield youth vaping?

**Most** middle and high school youth **are** making healthy choices and are **NOT VAPING!**

That's the **NORM**

In other words "Everyone" is **NOT** doing it

90% of Galvin MS youth

65% of WMHS youth

Source: 2017 Wakefield MS/HS YRBS

**CHOOSE  
NOT TO  
VAPE**

**However**

- **Wakefield 2017 YRBS data shows more than half of high school youth don't think vaping is risky**

## SO, what can a parent/caregiver do?

**Be informed!**

**Talk with your teen!**



Education and communication are the **KEYS** to **PREVENTION**

For more information about vaping, and other drug and alcohol related resources,

go to:

<http://wakefieldwakeup.org>

## How do I talk to my teen or student?

### BEFORE THE TALK



**Know the facts: get credible info:**

[e-cigarettes.surgeongeneral.gov](http://e-cigarettes.surgeongeneral.gov).

**Be patient and ready to listen: avoid criticism.** Remember your goal is to have a conversation, not deliver a lecture.

**Set a positive example by being tobacco-free:** It's never too late to quit. For free help, visit [smokefree.gov](http://smokefree.gov) or call 1-800-QUIT-NOW.



**START THE CONVERSATION**

**Find the right moment:** ask your teen what they think about a situation you witness together such as passing a vape shop when you are walking/driving.

**Ask for support:** Ask your health care provider to talk to your teen. Suggest your teen talk with other trusted adults (coaches, relatives, etc.).

**ANSWER THEIR QUESTIONS**

**Why don't you want me to vape?** Science shows that vapes contain ingredients that are addictive and can harm different parts of your body.

**What's the big deal about nicotine?** Your brain is still developing until about age 25. Nicotine is addictive, can harm your brain development, and may make it harder for you to concentrate and learn.



Special Thanks to:

