

Vaping



What is Vaping?

Inhaling an **aerosol** or **vapor** produced by heating vape liquid electronically.

Vape liquid can contain **nicotine**, **marijuana** and other **drugs**, **flavorings**, **chemicals**, **metals**, and **ultrafine particles** from the vaping device itself.

What is in exhaled vapor?

The aerosol from exhaling vape is **NOT** harmless “**water vapor**”.

The cloud can contain harmful chemicals such as **nicotine**, **chemical flavorings**, **volatile organic compounds**, **cancer-causing chemicals**, and **heavy metals** such as **nickel**, **tin**, and **lead**.

What is the appeal of vaping?

People believe that vaping will help them **quit smoking** and generally believe it’s **harmless**.

Vaping is **discreet**, e-liquids come in **thousands of tasty flavors**, **curiosity**, **peer pressure**, and some are drawn to “**vape tricks**” or “**cloud competitions**”.



What are the health effects of vaping?

Vaping can cause **coughing**, **wheezing**, **behavioral** and **mood changes**, **headaches**, **seizures**, **vomiting**, and potential **severe lung injury**.

More serious health effects could include an **increase in heart rate**, **high blood pressure**, and an increased risk of **heart attack/stroke**.

Does vaping help to quit smoking?

Teens and young adults who vape are **4 times more likely** to end up smoking traditional cigarettes.

Smokers that switched to vaping find it **extremely difficult** to quit vaping due to the very high doses of nicotine and the ease of vaping.

Is vaping regulated?

The FDA now regulates the **manufacture**, **import**, **packaging**, **labeling**, **advertising**, **promotion**, **sale**, and **distribution** of vapes.

The federal government restricts the sale of tobacco products, including vapes, to people **age 21 and over**.

Talk about **Vaping**

Before the conversation

- Know the facts. Visit www.wywetalk.org for more information.
- Set a positive example. **Be Nicotine-Free.**
- Be ready to **listen**. Avoid criticism and encourage open dialogue.



Start the conversation

A more natural discussion will increase the likelihood of your teen listening. Witnessing someone else using a vape, seeing an advertisement or walking by a vape shop can provide the opportunity for you to start the conversation.

Ask for support. Speaking with your family physician is a great place to start talking about the harms of vaping.

Be Ready to Answer Questions:

“I thought e-cigarettes or vapes are safer than smoking.”

Dialogue: Nicotine is **almost always** present in e-cigarettes or vaping devices. Some vape brands deliver **substantially more** nicotine than regular cigarettes. High levels of nicotine can cause **long-term health effects**.

“Everybody uses vapes and they are fine.”

Dialogue: Every time someone uses a vaping device, they are still **ingesting nicotine**. Nicotine is **highly addictive** so when people try to quit, it is incredibly difficult. It’s easier to just not even start.

“What’s so bad about nicotine?”

Dialogue: Your brain is **still developing** until you are about **25 years old**. Nicotine can have an impact on **brain development** and is **highly addictive**. Nicotine can also make it easier to become **addicted to other substances**. This can lead to long-term health effects.

“You used tobacco, so why can’t I?”

Dialogue: If I could go back in time and change this decision, I would. Quitting was really hard and I don’t want you to have to go through that. I learned that people who smoke are more likely to develop and die from certain diseases than people who don’t smoke.

Have Ongoing Conversations With Your Teens:

- **Connect** with your teen regularly and **encourage** them to do their own research.
- **Share information** that you learn with your teen.
- Remember it is okay to have bits and pieces of conversations over a period of time.