

Vaping

What is **Vaping**?

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

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



What is in e-cigarette **aerosol**?

NOT harmless **“water vapor”**.



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?



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 e-cigarettes.



The federal government restricts the sale of tobacco products, including e-cigarettes, to people age 21 and over.

Talk about Vaping

Before the conversation

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

Start the conversation

- 1 **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.
- 2 **Ask for support.** Speaking with your family physician is a great place to start talking about the harms of vaping.

Be Ready to Answer Ask and 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:

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

