

A VAPING BREAKDOWN

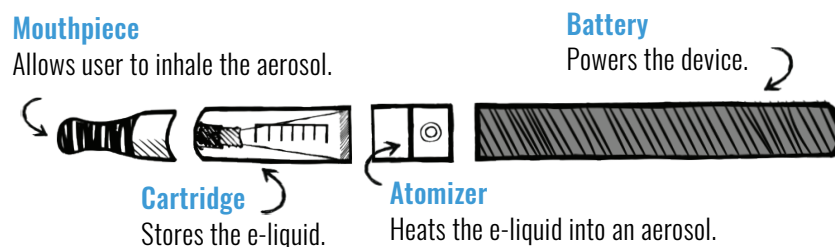
BEFORE THE TALK

- Be patient and ready to listen.
- Avoid criticism and encourage an open dialogue.
- Remember your goal is to have a conversation, not to provide a lecture.
- Try asking these questions first to gather responses, and then provide the answers.

START THE CONVERSATION

Q: What are e-cigarettes?

- E-cigarettes are battery operated devices that people use to inhale aerosol.
- E-cigarettes come in various shapes and sizes.
- E-cigarettes can be used to deliver nicotine, marijuana & other drugs like K2 (synthetic marijuana).
- An e-cigarette contains four major components: battery, atomizer, cartridge/pod, and mouthpiece.



Q: What do you think is in e-cigarette aerosol?

E-cigarette aerosol contains harmful and potentially harmful chemicals, including:

- Nicotine (found in both liquid component and aerosol)
- Ultrafine particles that can be inhaled deep into the lungs
- Flavorings, such as: diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds, such as benzene, which is found in car exhaust
- Heavy metals, such as: nickel, tin, and lead

Scientists are still working to understand the health effects and harmful doses of e-cigarette contents.

Q: What is nicotine?

- Nicotine is a substance found in most tobacco products.
- Nicotine is addictive, poisonous and can harm your brain development.

Q: Why is nicotine bad for you?

- Using nicotine as a youth may make it harder to concentrate, learn, and/or control impulses.
- Nicotine can train a young person's brain to be more easily addicted to other drugs.
- Most e-cigarette juices, or e-liquid, contain nicotine.

Q: What are some of the risks of e-cigarettes to teens?

Brain Risks

The part of the brain that's responsible for decision making and impulse control is not fully developed during adolescence. Youth and young adults are uniquely at risk for long-term, long-lasting effects of exposing their developing brains to nicotine. These risks include:

- Nicotine addiction. Adolescents can get addicted more easily than adults.
- Mood disorders
- Permanent lowering of impulse control
- Nicotine changes the way synapses are formed, which can harm the parts of the brain that control attention and learning.
- Nicotine can change brain chemistry, making youth more susceptible to addiction of other drugs.
- Defective e-cigarette batteries have been known to cause fires and explosions, some of which have resulted in serious injuries.
- Similar to nicotine, recreational marijuana use is also dangerous to the adolescent brain.

Consequences of Use

Consequences can limit a young person's future opportunities. Know the consequences of your actions.

- School suspensions/consequences
- Probation supervision
- Drug testing
- Community work service
- Court involvement
- Restricted driving privileges
- Financial penalties/court fines
- House arrest
- Drug education classes

*Note: Vaping marijuana oil/wax can lead to a gross misdemeanor or felony level charge.

Q: Why do young people use e-cigarettes and how are they getting them?

The most common reasons young people report using e-cigarettes are because a friend or family member use them, the availability of flavors, and the belief that they are less harmful than other forms of tobacco such as cigarettes. E-cigarette marketing efforts have included child-friendly flavorings and misinformation related to the safety of vaping products. According to the 2019 MN Student Survey, most students are getting their vapes through other people rather than buying them directly.

Q: What are the signs of vaping?

Look for changes in behavior. They might start cutting back on caffeine or getting frequent nosebleeds. Some of the chemicals used in e-juices can dry out the mouth and nasal passages. Also look for signs around the house. Vape pens can look like markers or USB flash drives and have disposable flavor pods, so look for discarded pods in the trash. And since vape pods come in lots of flavors, take note of any new sweet scents in their rooms, vehicles, or on their clothes.

Q: How can you help someone who is vaping?

You can encourage them to stop using or seek help from a parent, teacher, or other caring adult. If your child is vaping, they may be addicted to nicotine. Give them the help they need to quit. Call the FREE MN Quit Partner Helpline at 1-800-QUIT-NOW (784-8669) or visit www.QuitPartnerMN.com. There are also cessation apps designed for youth, including quitSTART.

"How to Talk to Your Kids About Vaping.", lung.org/ecigs

"Talk with Your Teen About E-Cigarettes: A Tip Sheet for Parents."

Know The Risks: E-Cigarettes & Young People, e-cigarettes.surgeongeneral.gov

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