

What I should know about vaping?



What is vaping?

Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, which is produced by an electronic cigarette or similar device. The term is used because e-cigarettes do not produce tobacco smoke, but rather an aerosol, often mistaken for water vapor, that actually consists of fine particles.

How do they work?

E-cigarettes are a battery powered device that heats a liquid known as vape juice/e-liquid into a chemical-filled aerosol that the user inhales.

There's no tobacco smoke, so it can't be harmful, right?

Unfortunately, some teens are under the false assumption about e-cigarettes. Most teens believe it is just water vapor, flavors and that there is no nicotine. When the perception of risk goes down, use goes up.

- The liquid may contain nicotine, flavorings, propylene glycol (a liquid alcohol that is used as a solvent, in antifreeze, plastics, and in perfume industries), Diacetyl (a highly toxic chemical, exposure can cause permanent, severe, and potentially lethal lung disease in workers and consumers), Vegetable Glycerin (a vegetable oil, approved by FDA for oral consumption, NOT approved to be inhaled), and other harmful products. Many of these particles contain varying amounts of toxic chemicals, which have been linked to cancer, as well as respiratory and heart disease.
- Liquids can contain or be laced with THC (chemical found in cannabis/marijuana) or worse fentanyl.
- The brain is the last organ in the human body to develop fully. Brain development continues until the early to mid-20's. Nicotine exposure during periods of significant brain development, such as adolescence, can disrupt the growth of brain circuits that control attention, learning, and susceptibility to addiction.
- The effects of nicotine exposure during youth and young adulthood can be long-lasting and can include lower impulse control and mood disorders.

- The nicotine in e-cigarettes and other tobacco products is highly addictive and can prime young brains for addiction to other drugs, such as cocaine and methamphetamine.
- Users report feeling a nicotine high; second-hand smoke/vapor is also harmful to individuals standing near a user.
- Dangers of sharing with someone or buying an unboxed e-cig.
 - Possibility of viruses/diseases
 - Possibility of unknown chemicals or being laced with drugs

What are the stats?

Teens are more likely to use e-cigarettes than cigarettes. Over the past month, the use of cigarettes was at 3.6 percent among 8th graders, 6.3 percent among 10th graders, and 11.4 percent among 12th graders. Over the past month, the use of e-cigarettes was at 9.5 percent among 8th graders, 14.0 percent among 10th graders, and 16.2 percent among 12 graders.

- More than 3 million middle and high school students use e-cigarettes
- E-cigarettes were the most commonly used tobacco product among students in middle and high school.
- Boys are twice as likely to use e-cigs compared to girls.
- Teen e-cig users are more likely to start smoking. 30.7 percent of e-cig users started smoking within 6 months while 8.1 percent of non-users started smoking.

What do teens say is in their e-cig? According to a study with www.drugabuse.gov

- 66.0 percent say just flavoring
- 13.7 percent don't know
- 13.2 percent say nicotine
- 5.8 percent say marijuana
- 1.3 percent say other

*Manufacturers don't have to report e-cig ingredients, so users don't know what's actually in them.

Why are e-cigs so popular?



- Vaping liquids can be made to taste like candy, fruit, ice cream, or other foods and drinks.
- Many contain nicotine, which causes it to be addictive.

- There are over 7,700 flavors available and 460 brands of e-cigarettes.
- Advertisements aimed toward teens
- Easily accessible
- Very discreet, can be used almost anywhere without attracting attention
- Friends are doing it

What happens if I am caught with it in my possession?

All tobacco products, including e-cigarettes are prohibited in schools and on school property. **This includes inside of vehicles on school grounds.**

- School suspension
- Parental notification
- Police citation ranging from 1st offense of \$75.00 to a 3rd offense of \$375.00
- Jail time and/or probation and/or community service

Check out this informative video!

<https://video.iptv.org/video/teen-vaping-1531870790/>

The e-cigarette company Juul, has pledged **30 MILLION DOLLARS** to get teens to stop using e-cigs. Juul has made the statement "We cannot be more empathetic on this point: No young person or non-nicotine user should ever try Juul".

Resources:

<https://www.centeronaddiction.org/e-cigarettes/recreational-vaping/what-vaping>

<https://drugfree.org/parent-blog/the-teen-vaping-trend-what-parents-need-to-know/>

<https://www.nbcnews.com/health/health-news/e-cigarettes-can-hook-teens-raise-risk-smoking-report-finds-n840256>