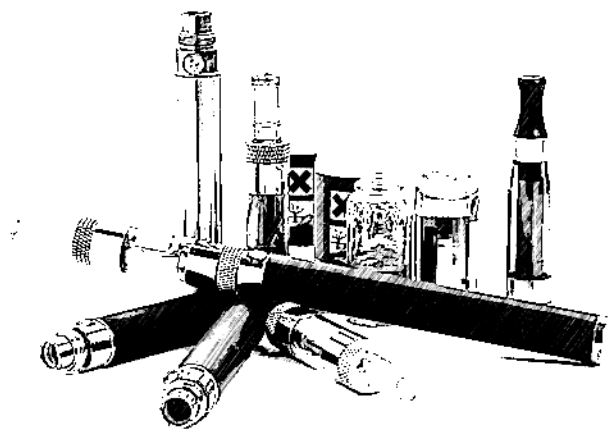


TALK WITH YOUR TEEN ABOUT VAPING A TIP SHEET FOR PARENTS

BEFORE THE TALK KNOW THE FACTS

Before you can have a meaningful talk with your child about vaping, you need to know the facts. The rapid spread of the fad was flagged in a 2016 report from the US surgeon general. It cited a 900% increase in e-cigarette use by high school students from 2011 to 2015, and the 2016 National Youth Tobacco Survey noted that 1.7 million high school students said they had used e-cigarettes in the previous 30 days. For middle school students, the number was 500,000. Nearly 1 in 3 students in 12th-grade report past-year use of vaping devices in 2017

HOW DO VAPING DEVICES WORK AND ARE THEY SAFE?



Vaping devices heat up a cartridge containing oils to create vapor, which quickly dissolves into the air. These device are small enough to fit in a closed fist and have a sleek, tech-inspired design that resembles a USB flash drive. While manufacturer say that their products are only for adults, they comes in flavors — including mint, mango and crème brulee — which are proven to appeal to young people and facilitate initiation of tobacco product use. A single cartridge, is roughly equal to a pack of cigarettes, or 200 cigarette puffs.

Nicotine is addictive and harmful drug. JUUL, Soren, Phix, and other similar vaping devices contain nicotine. The teen years are critical for brain development, which continues into young adulthood. Young people who use nicotine products in any form, including e-cigarettes, are uniquely at risk for long-lasting effects. Because nicotine affects the development of the brain's reward system, continued e-cigarette use can not only lead to nicotine addiction, but it also can make other drugs such as cocaine and methamphetamine more pleasurable to a teen's developing brain. Nicotine also affects the development of brain circuits that control attention and learning. Other risks include mood disorders and permanent problems with impulse control—failure to fight an urge or impulse that may harm oneself or others.

It is not harmless water vapor. Research found chromium, nickel, zinc and lead in the vaping solutions. Although very tiny amounts of lead were initially found in the vaping solution, or e-liquid, after the e-liquid was heated through the vaping device, lead levels were then 25 times higher. There are no safe levels of lead for human consumption.

**“IT IS NOT
HARMLESS
WATER VAPOR”**

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THE CONVERSATION

Talking to your child about vaping is not easy. The vaping industry has been misleading our children about their product, emphasizing the absence of tar and other chemicals found in cigarettes, but completely ignoring the dangerous metals and chemicals found in their e-liquid, not to mention the addictiveness of nicotine. You have the facts on your side, unfortunately the facts may not be enough. Your timing, delivery, and ability to listen and ask questions may be what makes the difference. Here are our suggestions to have an impactful conversation about vaping and tobacco use.



BE PATIENT AND READY TO LISTEN

Avoid criticism and encourage an open dialogue. Remember, your goal is to have a conversation, not to deliver a lecture. It's OK for your conversation to take place over time, in bits and pieces. A more natural discussion will increase the likelihood that your teen will listen. Rather than saying "we need to talk," you might ask your teen what he or she thinks about a situation you witness together, such as: Seeing someone use an e-cigarette in person or in a video, passing an vape shop when you are walking or driving, seeing an e-cigarette advertisement in a store, or magazine or on the internet.

Here are some questions and comments you might get from your teen and some ideas about how you can answer them.

WHY DON'T YOU WANT ME TO USE E-CIGARETTES?

E-cigarettes contain chemicals that are harmful. When people use e-cigarettes, they breathe in tiny particles that can harm their lungs.

WHAT'S THE BIG DEAL ABOUT NICOTINE?

Right now, your brain is still developing, which means you are more vulnerable to addiction. Many e-cigarettes contain nicotine, and using nicotine can change your brain to make you crave more nicotine. It can also affect your memory and concentration.

AREN'T E-CIGARETTES SAFER THAN CIGARETTES?

Because your brain is still developing, scientific studies show that it isn't safe for you to use any tobacco product that contains nicotine, including e-cigarettes.

I THOUGHT E-CIGARETTES DIDN'T HAVE NICOTINE – JUST WATER AND FLAVORING?

I used to think that too. But many e-cigarettes have nicotine. There are also other chemicals in them that can be harmful like formaldehyde, arsenic, aluminum, and lead. Although the vaping company says these are in very small amounts — any amount is not safe for your body.