

Teens & Vaping

Youth who do not smoke, use illegal drugs or drink alcohol before age 21 are significantly less likely to have a substance issue in the future.

What is Vaping?

- “E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air.”¹
- Vaping is sometimes referred to as “JUULing”
- Some e-cigarettes look like USB drives or pens.

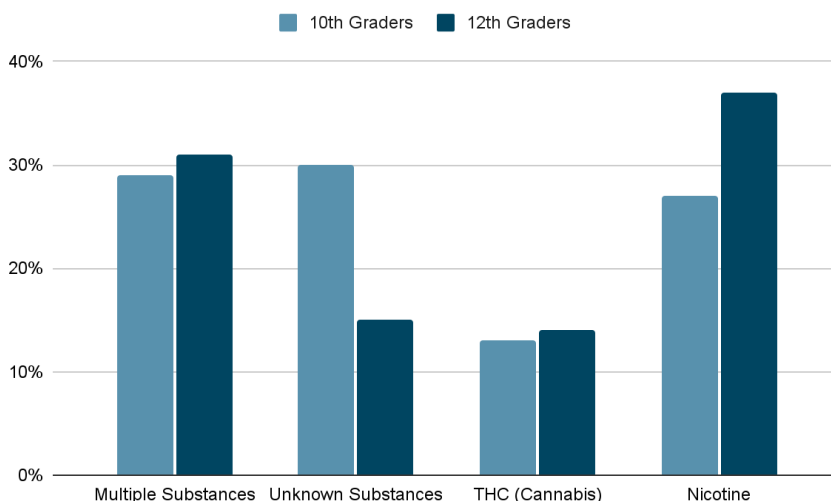
Prevalence of E-Cigarette Use:

- In 2021, 8% of 10th graders and 15% of 12th graders Washington State reported vaping within the past 30 days.²
- 13% of 10th graders and 14% of 12th graders who vape report using an e-cigarettes that contained THC (cannabis).³

What is in E-Cigarettes:

- Manufacturers don’t have to disclose the ingredients, so users don’t know what they are vaporizing. E-Cigarettes can contain:
 - Nicotine, which can harm brain development
 - Ultrafine particles are inhaled deep into lungs
 - Flavoring such as diacetyl, a chemical linked to a serious lung disease
 - Volatile organic compounds and cancer-causing chemicals
 - Heavy metals such as nickel, tin, and lead⁴

What Teens (who vape) Reported is in Their E-Cigarettes ⁵



Different Types of Vapor Devices:

• Nicotine-Based

- Popular Examples: JUUL or Suorin, Many of these have fruity flavors.

Nicotine-based e-cigarettes often have three variations: Disposable e-cigarette, Tanks and Mods, and Rechargeable e-cigarettes.

- JUUL is a brand of e-cigarette that is popular among teens. They look like USB drives. "According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes."⁶

*Another danger is that people are making their own "juice" to refill their devices.

• Dab Pens: Cannabis-Based

Cannabis-based e-cigarettes are often referred to as "dab pens." Dab pens contain high levels of concentrated cannabis rather than nicotine.

Variations:

- THC: Predominantly 70-80% concentrated THC, but some are above 90%.
- Ratios: 10:1, 4:1, 2:1, 1:1 there are ratios with higher amounts of CBD (nonpsychotic component of cannabis) being added.

*Some on the market now actually have fruity smells/taste and would not be identified as cannabis by someone walking by or smelling the vapor. Most have a slight cannabis related scent that can be identified. But, due to being vapor it quickly dissipates into the air.

• CBD-Based

CBD Pens contain no psychoactive properties and do not impair motor functions. Often used for anxiety, pain, and inflammation. These contain the non psychoactive component of cannabis that is an neuro-protective, antioxidant and anti-inflammatory. Does not have any psychoactive effects. However, vaporizing and inhaling it into the lungs through an e-cigarette shows similar dangers.

• Essential Oil-Based

- Popular Examples: Chill or Vital

These contain no Nicotine or Cannabis. These have been seen as a popular accessory and seen as a "cool" way to "get your vitamins."

However, essential oils are a volatile organic compound (VOC) that when heated over 150 to 180°F can convert to abnormal compounds that can be damaging to our lungs, mouth, teeth, and nose on contact with the burning compound. Consuming essential oils is extremely dangerous, it is speculated the same about vaping.

What Can You Do as a Parent?

- Educate yourself about e-cigarettes and all of the sizes and shapes they come in.
- Talk to your children about the risks of vaping. Let them know it is not a safe alternative.
- Join your local prevention council/organization.

Signs Your Teen is Vaping

- Keep an eye out for packages arriving at your home; the devices can be ordered online.
- Take note of subtle smells that can be associated with flavors, such as bubble gum, or artificial fruity smells. But, don't jump to conclusions.
- Increased thirst and nose bleeds from chemicals in the e-juices and pods.
- Your teen seems to be more irritable and showing signs of withdrawal.
- Check your teen's social media accounts for pictures of them or their friends vaping.
- Watch out for bloodshot eyes, change in appearance and also change in friends.
- Attend Influence the Choice's Hidden in Plain Sight event to learn about how vaping devices and other paraphernalia may be in your child's room.

Reminders

- Do not rummage through your teen's room and confiscate things you may find. You want to maintain trust with your teen. Find an appropriate time to ask and start a conversation about vaping.
- Remember to maintain a neutral tone. By doing this, you avoid your teen going into defensive mode and tuning you out.
- Discuss the facts and reasons it concerns you.
- Be present, ask about their friends and school, and show them you care. This decreases the likelihood of them using substances or hiding them.

Influence the Choice

Influence the Choice is a nonprofit, community-based, grassroots organization dedicated to preventing substance use and promoting the mental, physical, and social wellness of our youth. **Visit [influencethechoice.org](https://www.influencethechoice.org)**



Sources: 1. CDC 2. Washington State 2021 Healthy Youth Survey, 3. Washington State 2021 Healthy Youth Survey 4. US Department of Health and Human Services, 5. Washington State 2021 Healthy Youth Survey, 6. CDC