

# KEEP YOUR KIDS

DRUG

ALCOHOL

THC

NICOTINE

JUUL®

LIQUOR

METH

VAPE

MARIJUANA

BOOZE

TOBACCO

POT

SUBSTANCE

# FREE

## VAPING

Vapor-producing devices to inhale nicotine or THC are dangerous.

### Know the Risks

While vaping devices are legal for adults, they are not safe or legal, for adolescents. The nicotine in “vape juice” (liquid used to create vapor) and the THC in marijuana can both harm adolescent brain development. Nicotine is highly addictive and can prime young brains for addiction to other drugs such as cocaine and meth. But even vaping without nicotine or THC is risky. The vapor can contain harmful substances like lead, heavy metals, volatile organic compounds and cancer-causing agents that stay in the lungs—one reason vaping is linked to lung illnesses in teens and young adults.

### Know the Facts

- Vaping is on the rise in our region. In a survey of Region II, **26% of high school seniors report regular vaping** (once or more in a month).
- The age kids start is trending younger. In Region II, **11.5% of eighth graders** have already tried vaping.
- Many **young people perceive vaping** as healthier than smoking and with minimal health hazards. Studies show otherwise.
- **Vaping devices are called** vapes, e-cigarettes, vape pipes, mods, vape pens, e-hookahs and by many brand names.
- These devices **can look like everyday items**, such as USB drives, pens or small rectangular boxes.
- Young people are especially **attracted to flavored liquids**, which release a sweet or minty scent. Some flavors are approved for food use, but none for inhaling into the lungs.

### Focus on Prevention

The most important way you can help young people avoid the dangers of vaping is to provide an open, straight-forward environment for communication. Allow them to ask questions without judgment, and share the facts with them. Let them know that if they are vaping, they have supportive adults to help them quit. Because nicotine is extremely addictive and youth report relieving stress as one reason they vape, having support to both overcome the addiction and reduce stress is vital.



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