

NOW WHAT?

Explore your child's views on vaping & perceptions of the risks.

Have conversations often. Share facts, but don't assume that an information download to your child will translate into healthy behaviors.

Look for good opportunities to have a discussion. You can do this when passing a vape shop, smelling marijuana on the street, seeing someone vaping on media/in public.

Try to listen, rather than give a lecture. Open-ended questions can be a great way to get your child's perspective, like, "I understand that some kids are vaping; what are your thoughts about it?" If you know they are already vaping, you might ask "What does vaping do for you?" Get to the root of "Why."

Set clear expectations. Express your understanding of the risks. Share why you don't want him/her vaping. Avoid scare tactics. Be honest. Make consequences clear

Teach refusal skills. It's likely that your teen or young adult will be introduced to vaping by a friend or older family member. It helps to rehearse what he/she will say if that happens.

Model healthy behaviors. How you handle stress can impact your child with how they treat/take care of themselves too. Self-medicating with drugs & alcohol is not only dangerous for your child but for you too.

IT'S LIT TO QUIT

To access the new e-cigarette quit program, users can text "QUIT" to (202) 804-9884.

Users can also enroll in [This is Quitting](#) or [BecomeAnEX](#)®, free digital quit programs from Truth Initiative that integrate the text program.

1-866-NY-QUITS (1-866-697-8487)

<https://www.oasas.ny.gov/>

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**PARENTS ARE THE #1 REASON
YOUTH DON'T USE!**

What's In That Vape?



Among middle and high school students, 3.62 million were current users of e-cigarettes in 2018

VAPE: NICOTINE & MARIJUANA

- Electronic cigarettes — or e-cigarettes — are also called vapes, e-hookahs, vape pens, tank systems, mods, and electronic nicotine delivery systems (ENDS).
- There are many different types of brands of vapes like JUUL, Myle, Suorin, Stig etc.
- Using an e-cigarette product is commonly called vaping.
- E-cigarettes work by heating a liquid to produce an aerosol that users inhale into their lungs.
- **The liquid can contain: nicotine, tetrahydrocannabinol (THC) and cannabinoid (CBD) oils, and other substances and additives.**
- THC is the psychoactive mind-altering compound of marijuana that produces the “high” and is addictive.
- Users often refer to use of nicotine with these devices as “dabbing” and refer to the devices as dab pens.

1 in 11 MS and HS students in the US has vaped cannabis (2018).

APPEAL

- Discrete and easy to hide
- Does not have typical smell of cigarette or marijuana.
- Aerosol dissipates fairly quickly
- Flavors Trap - #1 appeal
- Products made in fruit & candy flavors

EFFECTS OF VAPING

Battery explosions & Fires

Unwanted chemicals produced by overheating of the e-liquid.

Harmful chemicals and harmful artificial flavors

Same effects from other nicotine products, plus additional hazards.

Cancer

Risk of addiction to nicotine and marijuana

Heroin is the only substance more addictive than nicotine

1 in 6 teen marijuana users become addicted.

Illegal use of marijuana can lead to trouble at school and with the law.

Short-term physiological effects (dry mouth, itchy eyes, breathing issues, chest pains, canker sores, allergies, dizziness, headaches, sleep disturbances, tongue issues, sore mouth, caffeine sensitivity & etc.)

There are more teens in substance treatment for marijuana use than all other substances combined

HOW HIGH?

- Pods and E-juice have higher levels of nicotine than traditional cigarettes.
 - Ex. 1 JUUL pod has the nicotine level of 26 cigarettes
 - Copycat products are made to hold more e-juice and to have higher nicotine levels.
- **Leaf Marijuana**
THC levels have increased:
 - 1975: 2%
 - 1980's-1990's: 2-4%
 - Now: 20-25% (Dispensaries even higher; 30-35%)
- **Dabs/Wax/Oil/Shatter/Budda**
 - Home 60%'s THC
 - Dispensaries 80-90%'s THC
 - (up to 98% THC)

Different Impact on Brain and Body and Addiction Level (especially for a young person who is still developing)

High Potency THC causing a high experience that mimics other drugs

DEADLY CONCERN

Outbreak of Lung Injury Associated with E-cigarette Use, or Vaping (CDC)

As of November 13, 2019

- 2,172 cases of e-cig, or vaping, product use associated lung injury have been reported to CDC in the U.S.
- 42 **deaths** have been confirmed in 24 states
- FDA and CDC have not identified a cause at this time.
- THC is present in most of the samples tested by FDA to date, and most patients report a history of using THC-containing products.