

VAPING: THE NEW GATEWAY?

Teens who vape
are **6xs**
as likely to later
begin smoking.

Vapes?
E-Cigs?
JUUL?

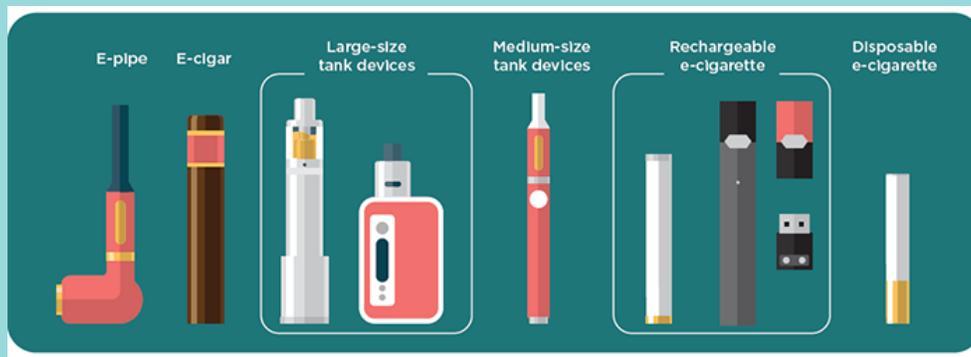


Image: CDC

JUUL looks
like a USB port &
is trending.
Did you know one
JUUL pod
is equivalent to
1 Pack of Cigarettes?

THE CONVERSATION STARTER

Talk to your kids about tobacco and nicotine.

E-Cigarettes (also called Vapes, Mods, Juuls, Tank Systems and ENDS-Electronic Nicotine Delivery Systems) are the most commonly used tobacco product among U.S. Youth. **E-Cigs can even be used to deliver marijuana and other drugs.**

E-cigs produce an aerosol (not pure water vapor) by heating a liquid that usually contains nicotine--the addictive drug in regular cigarettes, cigars and tobacco products--flavorings, and other chemicals that help to make the aerosol. **Nicotine in any form is highly addictive.**

Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air. Although the known effects of aerosolized nicotine and flavorings appear to hold fewer consequences than traditional tobacco, **they are not considered safe.**

Local 2017 survey
results showed most
Chesterfield
County youth - **96.6%**
- did not smoke
within 30 days prior
to taking the survey.

However, seniors
reported vaping at a
rate **31% higher than**
the national norm.

Signs & Symptoms

Nicotine is highly addictive and hard to stop.

RECOGNIZING USE OF VAPES AND E-CIGS

- Sudden increase in smells where there were none before. Vaping products may smell like candy, fruit or perfume, so smell may not be the giveaway.
- Requests for money increases or you see a change in saving practices.
- Ordering items online. Secretive about what they are getting in the mail. Finding empty shipping boxes. TIPS: Do not give loadable credit cards as gifts. Monitor your credit card statements.
- Change in mood which can include: increased irritability or aggressiveness. Increased or onset of defensiveness.
- Posting images and messages via texting and social media apps that are vaping or other drug use related.

ADAPTED FROM HANOVER COUNTY SCHOOL INTERVENTION COUNSELORS

E-cigs are not FDA approved; Most e -cig aerosol has metals & toxic chemicals known to cause cancer.

Nicotine lowers impulse control and harms growing brains.

Intentional or accidental exposure to e-juice can result in seizures, anoxic brain injury, or vomiting.

Tips for Talking to Your Child

COMMUNICATION IS KEY

- Find teachable moments while watching, listening or reading media. Ask your child for their thoughts about vaping and juuling.
- Maintain a calm attitude and listen to understand rather than listening to respond.
- Share your concerns about how abuse of drugs (including nicotine) and alcohol can affect healthy development.
- School policy states that no students are allowed to have or use tobacco or vaping products on school property or during school sponsored events.
- Share your family's consequences for discovering vaping, tobacco or other drug use.
- Share that counseling and support will be a next step if use continues or if they ask for help.
- Reach out to other adults that are active in your child's life and gain support for a united approach.

ADDITIONAL TIPS & INFO: SURGEON GENERAL'S REPORT ON E-CIGARETTES
[HTTPS://E-CIGARETTES.SURGEONGENERAL.GOV](https://e-cigarettes.surgeongeneral.gov)

But wait... there's more!

- CDC Infographic on E-Cigarettes: https://www.cdc.gov/tobacco/basic_information/e-cigarettes
- National Academies of Sciences Report on E-Cigs: <http://nationalacademies.org/eCigHealthEffects>
- Quit Now Virginia (Free Quitline for Tobacco & Nicotine Products): Quitnow.net/Virginia
- Smokefree Teen App and Text Tools: <https://teen.smokefree.gov/>