

VAPING CONVERSATIONS

HOW TO TALK ABOUT E-CIGARETTES AND VAPES



BEFORE THE TALK

- Be ready to listen and be patient.
- Encourage an open dialogue and avoid criticism.
- Remember, your goal is to have a conversation, not a lecture.

START THE CONVERSATION

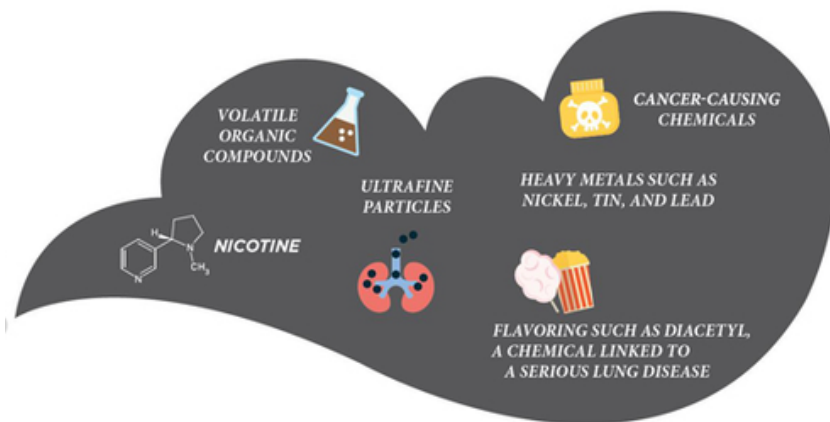
What are e-cigarettes?

- An electronic cigarette is a battery-powered device that allows the user to inhale and exhale an aerosol filled with chemicals.
- E-cigarettes have different shapes and sizes to cater to various preferences, with some resembling a USB flash drive, pens, or other everyday items. Some are disposable, while others can be recharged and used again.
- E-cigarettes can be used to deliver nicotine, marijuana, and other drugs.



What do you think is in e-cigarette aerosol?

- E-cigarettes heat e-liquid or “e-juice” into an aerosol that users inhale. It’s not just harmless water vapor. Additionally, when the e-liquid heats up, more toxic chemicals are formed.



Long-term health consequences are still relatively unknown; however, available evidence shows that these devices are not harmless.

Why is nicotine bad for you?

- Nicotine is an addictive and poisonous substance found in most tobacco products, including vapes.
- Nicotine exposure during adolescence can harm the developing brain and can cause addiction.
- Using nicotine as a youth may make it harder to concentrate, learn, and/or control impulses.
- Nicotine in vapes can also increase feelings of depression and anxiety. The more teens vape, the worse they can feel.

WHAT IS BEING VAPED?

Although many substances can be vaped, teens and young adults most commonly vape flavored e-liquids with nicotine or marijuana (THC).

HIGH LEVELS OF NICOTINE

The amount of nicotine can range, but most e-liquids contain high levels of nicotine. For example, the disposable vape device, Puff Bar, contains as much nicotine as about 2.5 packs of cigarettes.

Young individuals are being exposed to large amounts of nicotine, which leads to quick tolerance development and addiction. The popularity of vape products is only growing with the introduction of new devices, increased nicotine concentrations, and more puffs. This only makes these products more addictive and appealing to users.

MARIJUANA OR OTHER DRUGS

Increasingly, marijuana ingredients are found in vapes, including THC (*the psychoactive compound in marijuana that creates a sense of being high*), the leaf form of marijuana, CBD, or other derivatives like delta-8.

Delta-8 is a new and rising product in the marijuana market that has intoxicating effects. Much is still unknown regarding the long-term health effects and its legal status, but these products continue to be sold across MN.

Vapes are sometimes used to inhale other drugs, as well. i.e. meth, fentanyl, cocaine, etc.

*Note: Vaping marijuana oil/wax can lead to a gross misdemeanor or felony level charge.

HOW MANY YOUTHS USE E-CIGARETTES OR VAPE?

8.5% of MN high school students reported vaping in the past month on the 2022 Minnesota Student Survey. However, **it's important to challenge students' perceptions of norms as they often overestimate how many of their peers vape.** Research shows that such overestimations increase the risk that they will vape to 'be normal' or just like their peers. "Everyone vapes" - does EVERYONE really vape? NO!

WHY DO YOUNG PEOPLE USE E-CIGARETTES AND HOW ARE THEY GETTING THEM?

According to the 2020 MYTS, young people have reported the **following reasons for using e-cigarettes: curiosity, the desire for a nicotine buzz, influence from friends and family, stress and anxiety management, and the appealing flavors.** The advertising of e-cigarettes has included child-friendly flavors and misinformation about vaping product safety. Interestingly, most students report getting their vapes through other people rather than buying them directly.

WHAT ARE THE SIGNS THAT SOMEONE MAY BE VAPING?

- Look for changes in behavior (anxiety, irritability, difficulty concentrating, etc.)
- Physical symptoms or side effects may include headaches, cough, sore throat, chest pain, dizziness, and trouble breathing.
- Decreased caffeine use (may develop a sensitivity to caffeine because both nicotine and caffeine are stimulants)
- Increased thirst/nosebleeds due to some chemicals used in e-juices drying out the mouth and nose
- Sweet smells since vape pods come in lots of flavors, so take note of scents in their rooms, vehicles, or on their clothes
- Questionable items since vape pens can look like markers or USB flash drives and some have disposable flavor pods, so look for discarded pods in the trash

HOW CAN YOU HELP SOMEONE WHO IS VAPING?

You can encourage them to stop using or seek help from a parent, teacher, or other caring adult. If your child is vaping, they may be addicted to nicotine. Give them the help they need to quit. My Life, My Quit is a free and confidential service for teens who want to quit. Text "START" to 36072 or visit mn.mylifemyquit.org. There are also cessation apps designed for youth, including quitSTART.

TALK EARLY, TALK OFTEN

Consider this an ongoing conversation. Choose informal times to talk, such as in the car, during dinner, or while watching TV. When you first bring up the subject, your child might be caught off guard and reluctant to engage. But the more you do something, the easier it gets. Ensure you are talking to your child about everyday things, so it makes it easier when you need to discuss something more serious.