

Vaping 101 for parents

- Electronic nicotine delivery systems go by many names. The most common is “e-cigarette,” but the brand JUUL is popular with youth and “JUULing” is also used as a common verb for all e-cigarette use.
- Another popular new e-cigarette system is Puff Bar: What are Puff Bars?
- E-cigarettes are devices that operate by heating a liquid solution to a high temperature so that it produces an aerosol that is inhaled.
- These liquid solutions, sometimes called e-liquids, almost always include nicotine, flavoring and a humectant, such as propylene glycol, to retain moisture and create the aerosol when heated. While many of the flavorings and humectants used in e-liquids have been approved by the FDA for oral consumption, they haven't been approved for inhalation. Their health consequences when aerosolized are unknown.
- Some vaping products contain (or are modified to contain) marijuana or THC, the psychoactive ingredient in marijuana. Vaping marijuana can be difficult to detect as there is no smoke, minimal odor and the vapor produced dissipates rapidly.
- **Partnership to End Addiction Vaping guide for parents**

IF YOU THINK VAPING IS COOL, THINK AGAIN
THE TRUE FACTS ABOUT VAPING

FACT It's not just water vapor. You inhale particles of toxic chemicals and nicotine.

FACT Almost all vaping liquid contains highly addictive nicotine; ingredients in counterfeits are unknown.

FACT Your brain isn't fully developed; nicotine has been linked to longterm memory and attention problems.

FACT Vaping has been linked to severe lung illness and deaths; vaping products aren't regulated, so labels may not be accurate.

FACT In Connecticut, possession or use can result in school and legal consequences if under 21.

FACT Vaped marijuana oil can have dangerous concentrations of THC, which can damage the developing brain.

FACT Friends who vape or smoke can harm YOU. Their exhale is full of volatile compounds, exhaled nicotine and other toxins.

 **NEED HELP TO QUIT VAPING?**

Ask a trusted adult for help.

Call the Connecticut quit line at 1-800-QUIT-NOW

Simply text DITCHJUUL to 88709 for tips and support through the free e-cigarette quit program by www.truthinitiative.org

Parents who want to help young people quit can text QUIT to 202-899-7550, a text program from www.youthinitiative.org

What can parents do about vaping?

- Use the same strategies you would use to prevent use or reduce harm regarding use of any substance. See prevention tool box on page 3.
- Get curious about why your teen is vaping: What does this do for you? What makes it fun? What makes it hard to stop? Let the answers guide your response. Does your child need help developing healthy coping skills? Help in quitting this addictive substance? Help managing anxiety or depression?
- Use the facts on the vaping postcard to guide your conversation.
- **If your teen is vaping and would like help quitting, offer quitting help resources-in the postcard above. Note: The 1-800-Quit Now hotline has some supports that are not available for teens under 18.**