

Youth Vaping is an Epidemic

3.6 MILLION U.S. YOUTH CURRENTLY USE E-CIGARETTES AND VAPE

(Surgeon General, 2018)

Share These Facts with Your Child/Teen

- Vaping is **illegal** for anyone under the age of 18.
- Most vape products **contain Nicotine** even if the label indicates it's "Nicotine-Free".
- **Nicotine** exposure during adolescence can **harm the developing brain**, and lead to **addiction**. (cdc.gov)
- Studies have found that teens who **vape** are **4X** more likely to **start smoking** than their peers who don't vape. (truthinitiative.org)
- Youth are **increasingly** using vaping devices to **vape marijuana**. (monitoringthefuture.org)
- **One JUUL pod** (a commonly used vape device) = **1 pack** (20 cigarettes) worth of **Nicotine**. (thetruth.com)
- **Vapor** that is inhaled contains **dangerous chemicals** in addition to Nicotine such as **Diacetyl, Nickel, Tin, Chromium** and **Lead**. (cdc.gov)

Chippewa Valley

In a 2018 survey, over 1/3
of 11th graders
in Chippewa Valley Schools
reported vaping in the past month.
(Michigan Profile for Healthy Youth, 2018)



What are E-Cigarettes and Other Vape Products?

These are battery operated devices that heat a liquid into an aerosol. The liquids generally contain Nicotine and other additives. Some vape devices can also deliver marijuana and other drugs.



Suorin
"Drop"



Clear
(used to vape marijuana)



Juul



Suorin
"Air"

For more information visit:

e-cigarettes.surgeongeneral.gov • truthinitiative.org • cdc.gov • drugfree.org • teen.smokefree.gov

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Parents! Talk with Your Child/Teen about the Dangers of E-Cigarettes & Vaping

1. LEARN THE FACTS BEFORE YOU TALK

Get additional information about the dangers of vaping and tips on how to talk to your child/teen.
Visit: ecigarettes.surgeongeneral.gov and/or drugfree.org

2. START THE CONVERSATION

Ask open ended questions.

“What do you know about the dangers of vaping?”

Be patient and listen. Encourage questions.



3. SHARE THE FACTS & KEEP THE DISCUSSION GOING

Share the facts about the dangers of vaping on the front of this card with your child/teen.

Review information together by visiting the following websites:

ecigarettes.surgeongeneral.gov, truthinitiative.gov, cdc.gov, drugfree.org, and teen.smokefree.gov

Keep the conversation going over time.

It's better to have 60 one-minute discussions than one 60-minute conversation.

4. INFORM ABOUT THE CONSEQUENCES FOR VAPING

If your child/teen is vaping, avoid criticism. Express your concerns.

Make clear there will be family consequences for vaping.

5. REMEMBER! CHILDREN LEARN BY SEEING WHAT PARENTS DO, NOT ONLY BY WHAT THEY SAY.

Information Provided by:

