

# A PARENT'S GUIDE TO VAPING

## THE DEVICES

E-cigarettes and vapes are battery-powered devices that allow users to inhale, or vape, aerosolized liquid (e-juice). Vape devices have flavored liquid with nicotine that is heated, vaporized and inhaled. There are many names for these devices: e-cigs, vapes, JUULs, Puff Bars, Suorin, etc.

Vaping devices are easy to hide and look like everyday items such as pens, highlighters or USB drives.

**1** IN **4**

**11<sup>TH</sup> GRADERS**

IN HENNEPIN COUNTY NOW  
USE E-CIGARETTES

*The 2019 Minnesota Student Survey*

VAPE PEN



JUUL



SUORIN



CIG-A-LIKE



TANK/MODS



## IT'S **NOT JUST** HARMLESS WATER VAPOR

Vaping liquid can contain heavy metals like the following:

**Ni** — NICKEL

**Pb** — LEAD

**Sn** — TIN

**!** — **& CANCER-CAUSING CHEMICALS**

*There are small particles that can be inhaled deep into the lungs.*

*You **do not** want these chemicals in anyone's brain or body.*

## THE DANGERS OF VAPING NICOTINE

Nearly all vape products contain **nicotine**. Nicotine is highly addictive and can harm the developing adolescent brain. Because children's brains are still developing until about age 25, exposure to nicotine can affect **learning**, **memory** and **attention**. It can lead to behavior problems, addiction, or long-term effects of exposing their developing brains to nicotine.

**REMEMBER:** NO AMOUNT OF NICOTINE IS SAFE FOR YOUTH.

## THE DANGERS OF VAPING MARIJUANA

You can actually vape **THC**, which is the active chemical from marijuana that alters a person's mind. Common terms for vaping marijuana are "dabbing" and using a "dab pen" device. THC comes in concentrates and wax, which is heated into a vapor and inhaled. In this form, it is **highly concentrated**.



Health experts have reported vaping THC can cause lung injuries and even death. The greatest concern at the moment is the severe effects of inhaling vitamin E acetate. This additive chemical has been found in many vaping products that contain THC.

## MENTAL HEALTH

It's important for parents to understand there is a strong link between youth vaping and mental illness. The 2019 MN Student Survey showed Hennepin County 9th and 11th graders with long term mental health or emotional problem reported vaping at about twice the rate of youth without a mental health problem. Vaping nicotine or THC only makes mental health struggles worse over time. Stress and anxiety can trigger your child wanting to vape more, resulting in **intensifying their addiction**.

If you find your son or daughter vaping, pay attention to addiction and mental health issues. If you are concerned, seek professional help. Your pediatrician or school counselor are good places to start.

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11TH GRADERS IN MINNESOTA DO NOT PERCEIVE E-CIGARETTES AS DANGEROUS, EVEN THOUGH THEY ARE



Source: 2019 Minnesota Student Survey.

## WHERE DO YOUTH GET VAPE PRODUCTS?

A SURVEY OF HENNEPIN COUNTY 11TH GRADERS REPORTED

From a friend



From a store



Asked someone else to buy



From a vape shop



From the Internet



From family



Source: 2019 Minnesota Student Survey

## HOW TO APPROACH VAPING

Nicotine is highly addictive. Even if you or your school learn your child is vaping, your child might not be able to just stop. Nicotine is addictive, and your child may need support from you, their pediatrician, school counselor or vape quitting tools.

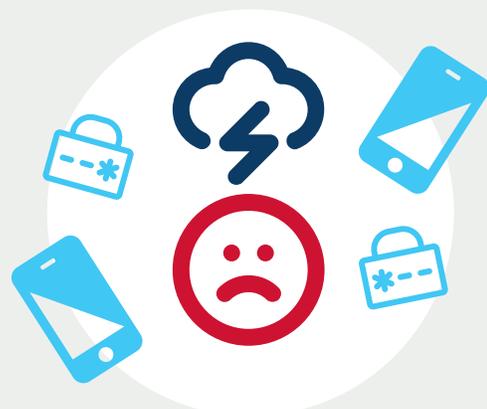
### HERE ARE SOME TIPS TO HAVE A GOOD CONVERSATION:

- Be sure it is a good time to talk with your child, and have a plan on how you're going to bring it up.
- Be calm and ask open ended questions to encourage two-way dialogue.
- Avoid accusations or shaming. While you may be shocked or angry, it's best to engage respectfully.
- If you are too upset to continue, set another time to talk when everyone is calm.
- Listen, seek a deeper understanding, and together come to an agreement on the next best steps and appropriate consequences.
- Avoid punishment or abusive language, which tends to be less effective and only damages relationships.
- Keep a positive connection to your child to rebuild trust and provide the needed guidance and support.

## SIGNS YOUR CHILD MIGHT BE VAPING

Vapes can smell sweet or fruity or may not have any smell at all. You should watch for vaping devices and products in your child's backpack or room. Here are some other warning signs:

- Behavioral changes, mood swings, agitation
- A change in grades, unexcused absences, or often late to class
- Sweet smells on their clothes or backpack
- Recent weight loss
- Photos, videos, or ads about vaping on phones
- Secretive behaviors, like deleting texts or changing passwords



# HOW TO QUIT VAPING

There are a lot of resources out there to help youth quit vaping! A first place to start is with your **pediatrician** or **local teen clinic**.

Minnesota also has a new tobacco quitting or cessation program specifically for youth. It is called **My Life, My Quit™** and it is available free to all Minnesota youth ages 13-17. The support offers up to five coaching sessions through text to chat, online chats and phone calls, as well as youth-specific materials. Resources are also available for parents, educators, healthcare professionals and community organizations serving youth of all ages. Visit [www.MyLifeMyQuit.com](http://www.MyLifeMyQuit.com) to learn more. Explore other options on the **Minnesota Department of Health's** webpage [www.health.mn.gov/quit](http://www.health.mn.gov/quit).



## TIPS FOR CRAVINGS

### **1. DO SOMETHING ELSE**

*Sometimes just changing your routine helps you shake off a craving. (read a book, color, watch a funny video, etc)*

### **2. GET ACTIVE**

*Take a quick walk or go up and down the stairs a few times.*

### **3. STOP AND BREATHE**

*Breathe in and out slowly, and repeat this 10 times to help you relax until the craving passes.*

### **4. TEXT WITH OR TALK TO SOMEONE**

*Supportive people in your life can help you stay strong in moments you're having a craving. Text "Start My Quit" to 855-891-9989 or call to talk with a coach who is ready to listen and cheer you on.*

## 6 MAIN TAKEAWAYS

HERE ARE SOME FINAL TIPS:

1

**Stay informed** of changing trends and be watchful of your child displaying vaping behavior.

2

**Talk early and often** about the dangers of vaping.

3

**Try to set a positive example** by being commercial tobacco free yourself and having a tobacco-free home and car.

4

**Open the conversation** to understand why your child may have started vaping. Look for signs that your child may be struggling with mental health concerns.

5

**Provide encouragement and resources** on how to quit vaping if your child is addicted.

6

**Express your firm expectation** that you do not approve of vaping. Not only will it negatively impact your child's health, but also the relationships and activities they love.

