

# VAPING FAQs

## SHOULD I BE CONCERNED?

The 2018 National Youth Tobacco Survey from the Food and Drug Administration and the Centers for Disease Control and Prevention showed **e-cigarette use** among middle schoolers **increased by 48%** and **increased by 78%** among high schoolers in just one year.

In addition, the frequency of use among current high school e-cigarette users surged, with **nearly 28% vaping more than 20 times per month**. JUUL, the popular e-cigarette that tripled its market share in just over a year to own three-quarters of the entire market, it is driving much of the increase in use. (Source: Truth Initiative)

For more statistics on prevalence see: <https://www.npr.org/sections/health-shots/2018/12/17/676494200/teen-vaping-soared-in-2018>

## WHY IS VAPING HARMFUL?

**Exposure to nicotine** is worrisome in teens and young adults because nicotine can be **highly addictive**. Due to the fact that the brain is undergoing massive changes during the teen years, **nicotine use may rewire the brain**, making it easier to get hooked on other substances and contribute to **problems with concentration, learning and impulse control**.

For a helpful 3-minute video explaining **how addiction works** go to: <https://youtu.be/-w8n9UOiBxE> – this video was produced by Wait21.org

Most vape devices release a number of potentially **toxic substances**, although exposure is lower than with regular cigarettes.

**Dependence** develops when the body adapts to repeated exposure to vaping. When a person stops vaping, he or she can experience withdrawal symptoms, it could be as intense as with conventional cigarettes.

Vaping may be **increasing risks of smoking**. Teens and young adults who vape are almost **four times** as likely as their non-vaping peers to begin smoking cigarettes.

**Injuries and poisonings** have resulted from devices exploding and direct exposure to e-liquids.

Long-term studies are needed to evaluate the risks of cancer and respiratory illness, though there is some concern that vaping can cause **coughing and wheezing and may exacerbate asthma**.

Source: Drugfree.org

## **WHAT ARE THE SIGNS OF VAPING?**

- Presence of vaping equipment or related product packaging
- Unusual online purchases or packages
- The scent is faint, but you may catch a whiff of flavoring like bubble gum or chocolate cake
- Increased thirst or nose bleeds
- Decreased caffeine use
- Use of vaping lingo in text messages or on social media
- Appearance and/or behavior changes

Source: Drugfree.org

## **HOW CAN I GET HELP FOR MY TEEN TO STOP VAPING?**

Truth Initiative® has expanded its quit-smoking resources to include a first-of-its kind e-cigarette quit program. This innovative and free text message program was created with input from teens, college students and young adults who have attempted to, or successfully, quit e-cigarettes.

The program is tailored by age group to give teens and young adults appropriate recommendations about quitting. The program will also serve as a resource for parents looking to help their children who now vape.

**To access the new e-cigarette quit program, users can text “QUIT” to (202) 804-9884. Users can also enroll in This is Quitting or BecomeAnEX®, free digital quit programs from Truth Initiative that integrate the text program.**

Source: Truthinitiative.org

## **HOW CAN I TALK TO MY TEEN ABOUT VAPING?**

Read: **Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents** by the Centers for Disease Control for helpful strategies and advice. Download it here: [https://e-cigarettes.surgeongeneral.gov/documents/SGR\\_ECig\\_ParentTipSheet\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf)

## **HOW CAN I LEARN MORE?**

“**What You Need to Know and How to Talk with Your Kids About Vaping**” by the Partnership for Drug Free Kids is very informative. It is attached to this email or download at [www.drugfree.org](http://www.drugfree.org)

**U.S. Surgeon General’s Advisory on**

<https://e-cigarettes.surgeongeneral.gov/documents/surgeon-generals-advisory-on-e-cigarette-use-among-youth-2018.pdf>

## **SOURCES**

Truth Initiative – [www.truthinitiative.org](http://www.truthinitiative.org)

Partnership for Drug – Free Kids. [www.drugfree.org](http://www.drugfree.org)

Wait21 – [www.wait21.org](http://www.wait21.org)

Westchester Coalition for Drug and Alcohol Free Youth – visit at:

<http://powertotheparent.org> and <http://youth.westchestergov.com/protecting-youth/stop-dwi/drug-and-alcohol-free-youth/>

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