

ALL ABOUT VAPING

Parent Edition



Vaping is the inhaling of an aerosol created by an electronic cigarette (e-cigarette) or other vaping devices. These are battery-powered smoking devices that have cartridges filled with a liquid commonly called "juice" or "vape juice." E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavorings, and other chemicals that help to make the aerosol vapor. That's why using e-cigarettes is called "vaping."

Sources: [Kids Health](#) | [Centers for Disease Control](#)

TYPES OF E-CIGARETTES

E-cigarettes, or vaping products, are used to deliver nicotine, cannabis (THC, CBD), flavorings, chemicals, and other substances. They are known by many different names and come in many shapes, sizes, and device types. Devices may be referred to as e-cigs, vapes, vape pens, dab pens, dab rigs, tanks, mods, pod mods, and electronic nicotine delivery systems (ENDS).

Source: [Centers for Disease Control](#)



Not only have youth said they are easier to get, but they are also easily hidden. Vapes are small, and newer devices are easily disguised as everyday household items, such as USB drives, watches, a computer mouse, and pens. Even accessories are available to help hide vapes - clothing, backpacks, smartwatches, and cases.

Source: [Healthwatch](#)



5 FACTS ABOUT VAPING THAT YOU NEED TO KNOW

1. Although vaping is different than smoking, it is still not safe.
2. Research suggests vaping is bad for the heart and lungs.
3. E-cigarettes are just as addictive as traditional ones.
4. E-cigarettes aren't a proven effective way to quit smoking.
5. Vaping may lead to more youth becoming addicted to nicotine.

Source: [John Hopkins Medicine](#)

COMMON SIDE EFFECTS OF VAPING PRODUCTS

In a 2021 study published in the International Journal of Environmental Research and Public Health, about 40% of people who use e-cigarettes daily said they had common side effects.

- Cough
- Dizziness
- Dry/sore mouth & throat
- Headache
- Nausea
- Heart palpitations
- Shortness of breath
- Sleepiness
- Eye irritation
- Loss of taste
- Burning or scratchy feeling in mouth, lips, & throat

Source: [Drug Watch](#)

WHAT CAN PARENTS DO?

- Maintain an open dialogue. Start early; begin talking with youth about smoking and vaping in kindergarten. Be honest and open to seeing things from the youth's point of view, and don't stop. Keep the conversation going as youth get older.
- Think beyond cigarettes. Explain that smokeless tobacco, hookahs, and e-cigarettes all have dangers, including nicotine addiction.
- Prepare youth for peer pressure. Discuss what they might say if a friend offers a cigarette or e-cigarette.
- Set a good example. If a person smokes or vapes, the best thing they can do is quit. At a minimum, don't smoke around youth.
- Establish a smoke-free home. Don't allow family members or friends to smoke in the home or car. Make sure the places where youth spend a lot of time are tobacco free.



Source: [American Heart Association](#)

For more information, please visit our website:

