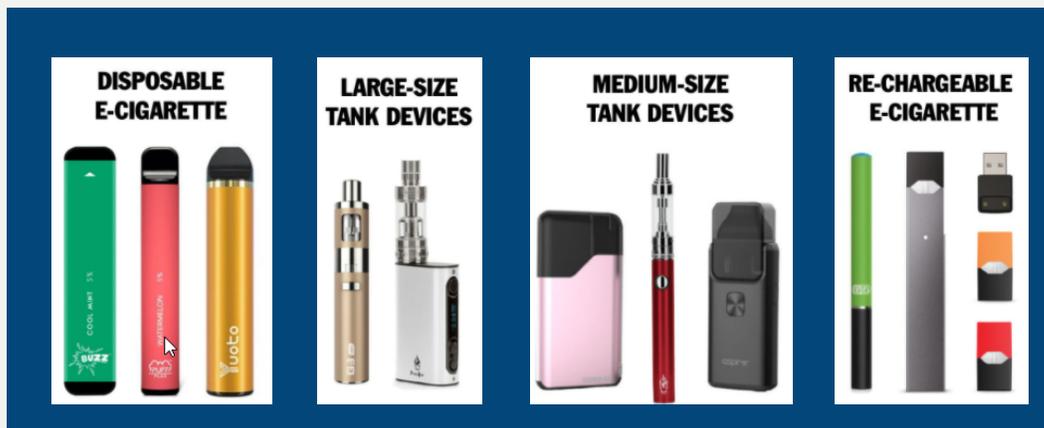


# VAPING 101 FOR PARENTS

Electronic cigarettes (e-cigarettes) are battery-powered devices that deliver nicotine, cannabis (THC & CBD), flavorings, and other substances. Vaping or "Juuling" with e-cigarettes produces an aerosol that may contain harmful chemicals, not harmless "water vapor." Devices can be called e-cigs, vapes, dab pens, dab rigs, tanks, mods, pod mods, electronic nicotine delivery systems (ENDS). They are easily hidden and often resemble other devices.



## VAPING FACTS

- E-cigarettes contain nicotine.
- Long-term effects are unknown.
- Using e-cigarettes can lead to future smoking.
- E-cigarettes are marketed to children and teens.
- E-cigarettes themselves are dangerous.

## IS YOUR KID VAPING?

- Don't assume it's a scented candle that is making their room smell sweet!
- E-cigarette users commonly experience nosebleeds.

## 6 COMMON WAYS OF GETTING DEVICES

- Vape products are everywhere on social media, and many brands sell directly from their accounts.
- Website age gates are easily bypassed, and kids use a parent's name for shipping.
- Convenience store and gas station clerks may not enforce the law.
- Many vape companies have names that wouldn't raise a red flag on parents' credit card statements.
- Order can be shipped to Amazon lockers, available in supermarkets and convenience stores.
- Orders can be shipped to homes when parents are at work.



## WHAT CAN PARENTS DO?

- Keep talking. Talk to your kids about vaping early on. Be honest and open to your child's perspective. Keep talking to your kids as they get older.
- Think beyond cigs. Explain that nicotine addiction is a risk with smokeless tobacco, hookah, and e-cigarettes.
- Make your house smoke-free. Permitting smoking in your home or car is prohibited. Spend time in places where tobacco is prohibited.
- Lead by example. Quitting smoking or vaping is the best option. Avoid smoking in front of your kids.
- Prepare your kids for peer pressure. Discuss what they might say to a friend who offers one.
- Stay alert! These devices need to be charged. If there is a charger that is unfamiliar, definitely look into that further.