

# VAPING 101

## What Parents Need to Know

### WHAT IS A VAPE/VAPING?

- A vape is a nicotine (or marijuana) delivery device.
- Vaping devices can look like household items such as USB drives or pens.



### WHAT IS THE APPEAL?

- Vapes are smokeless and can be odorless.
- The flavors are appealing to youth: fruit, cotton-candy, bubble gum, chocolate.
- The tobacco industry initially marketed vaping to adults, as a means to ease off smoking cigarettes.
- However, they quickly realized the enormous amounts of money that could be made in marketing this addictive habit to teens.



### WHAT ACTUALLY HAPPENS?

- Vaping (nicotine or marijuana) involves a battery powered heating device which *vaporizes the liquid* as it is inhaled
- The vaporized chemicals go straight into the lungs and travel to the brain

### WHAT ARE THE RISKS?

- Exposure to numerous toxic chemicals and other harmful ingredients
- Nicotine Dependency/Addiction is likely
- Cardiovascular, respiratory, and immunity problems including:
  - high blood pressure, asthma/wheezing
- E-cigarette/Vape use associated lung injuries (EVALI)

# WHAT ARE THE VAPING NUMBERS IN BELMONT?

Belmont's data from the 2021 Youth Risk Behavior Survey (YRBS) revealed that:

- Vaping is happening with Middle Schoolers (about 10%); we think the actual number might be higher (YRBS is self-reported).
- About 25% of BHS students reported having ever vaped; we expect to see a higher number on the 2023 YRBS.

## WILL MY KIDS BE EXPOSED TO VAPING AT THE HIGH SCHOOL?

- **Yes.** And they were likely exposed at the Chenery, as well
- Seeing it **doesn't** mean they will be pressured to vape.
- Knowledge helps keep your kids from being susceptible, so **talk about it.**

## HOW CAN I TALK ABOUT VAPING?

1. Open up an *ongoing dialogue* with kids about substances.
2. Share your concerns about the health risks of vaping (e.g., developing an addiction, lung damage, respiratory issues, etc)
3. **Listen** to what they say and **validate** what you hear.
4. Teach them **Refusal Skills** if they are offered to vape.

### For example:

- *No thanks .... I'm driving*
- *Not me, I'm off substances*
- *Nah, I can't afford it*
- *No thanks, my asthma/allergies are bad right now*
- *Nah, it's not worth it, my parents would freak out*
- *Leave the scene, say no thanks, and walk away*

*\*Talk about these suggestions and consider "role playing" to practice.\**

Help your kids to identify *other coping mechanisms* that address their stress:

- Music
- Exercise
- Getting adequate sleep
- Hanging out with Friends

Ask them: *"Do you really want to risk developing a nicotine addiction, risk your health, merely to pad the greedy pockets of the Tobacco industry?"*