



## Generation Vape:

### FROM MODS TO PODS

Parenting in 2022 is now more difficult than ever. Between the industry pushing out fruit flavored products to attract young users, to the proliferation of social media trends it becomes hard to safeguard our young people. This summary will highlight what you should know about vaping, and how to talk to young people about the dangers.

## The Big 4



### Nicotine consumption

Mod, pod or disposable each vaping device delivers large amounts of nicotine each and every time you hit the vape. At base line, Juul delivers 1 pod to 1 pack of cigarettes while being one of the tamer devices. These would be considered "heavy smokers" 20 years ago.



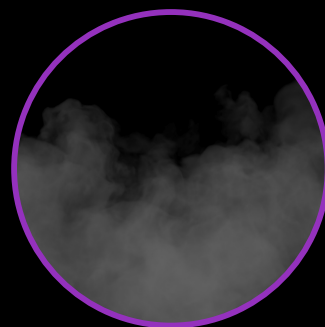
### It's aerosol

As we have learned it is not only-NOT WATER VAPOR. It's thousands of chemicals put into an aerosol that is not only harmful to you but also produces the traditional second hand exposure and third hand as well.



### What's in your vape? 2nd & 3rd hand aerosol

A better alternative to cigarettes? NO! We have learned that these devices have as much and often more chemicals in them than a traditional cigarette. We know the long term effects already of cigarette smoking – What happens when you add electricity and metal? Only time will tell..



Much like smoking, walking through a puff of aerosol is harmful to not only your body but those around you. Even worse is the trail of mess vapors leave behind in the form of third-hand aerosol.

With over 15,500 flavors on the market including chicken and waffles, bomb pop, kool-aid, and others who are they really targeting?



## Social Media Impacts Access

APPS LIKE TIKTOK AND SNAPCHAT OPEN YOUTH UP TO A WORLD OF THIRD-PARTY TRANSACTIONS WHERE INDEPENDENT PEOPLE PROFIT OFF OF SENDING VAPES, DIVERSION PRODUCTS, AND OTHER SUBSTANCES RIGHT TO YOUNG PEOPLE WITH NO AGE VERIFICATION.

ACCESS POINTS TYPICALLY INCLUDE:

- ONLINE SALES (THROUGH REPUTABLE SITES)
- IN PERSON SALES
- THIRD-PARTY TRANSACTIONS WHICH CAN INCLUDE ANYTHING FROM SOCIAL MEDIA TO FRIENDS AND FAMILY.



## Talking to Kids About the Dangers of Vaping



### Do Your Research

Learn about the dangers, the trends, and arm yourself with research on why they should be concerned



### Set Clear Expectations

Share why you don't want them using substances and set clear consequences for if they are caught. Be sure to follow through with the consequences



### Listen, Respond, Support

Listen to their thoughts, experiences, and questions and do your best to answer any questions they may have. Respond with your expectations



### Set a Good Example

Set a positive example by being nicotine free. If you do choose to use nicotine products such as vapes keep your equipment and supplies secured

## FINAL THOUGHTS

THIS IS A GENERATION THAT WANTS TO LEARN WITH YOU AND DRAW THEIR OWN CONCLUSIONS. ARM THEM WITH THE INFORMATION TO KNOW THAT VAPING IS DANGEROUS. LISTEN TO YOUR GUT FEELING IF YOU FEEL LIKE SOMETHING ISN'T RIGHT, HAVE THOSE DIFFICULT CONVERSATIONS. WHILE THEY CAN BE HARD TO START, THEY ARE THE BIGGEST DETERRENT TO YOUR KIDS ENGAGING IN RISKY BEHAVIORS.