

The Power of Parents

“A child who gets through age 21 without smoking, using illegal drugs or abusing alcohol is virtually certain never to do so.”

Source: (CASA) www.casacolumbia.org

Teens & Vaping

What is Vaping?

- “E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air.”¹
- Vaping is sometimes referred to as “JUULing”
- Some e-cigarettes are disguised as USB drives or pens.

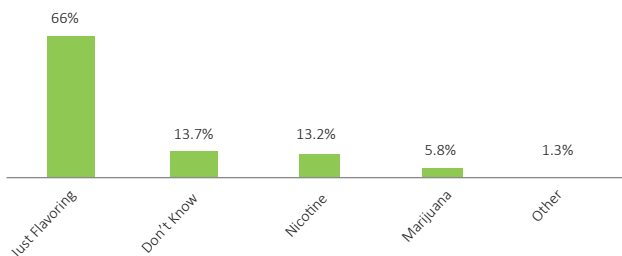
Prevalence of E-Cigarette Use:

- In 2018, 37% of 12th graders admitted to “vaping” within the last year; an increase from 27.8% in 2017.²
- 13.1% of 12th graders reported vaping marijuana within the past year; an increase from the 9.5 percent in 2017.³
- 30% of teens who use e-cigarettes start smoking traditional cigarettes within 6 months.⁴

What is in E-Cigarettes:

- Manufacturers don’t have to disclose the ingredients, so users don’t know what they are inhaling.
- It is not harmless water vapor. E-Cigarettes can contain:
 - Nicotine, which can harm brain development
 - Ultrafine particles are inhaled deep into lungs
 - Flavoring such as diacetyl, a chemical linked to a serious lung disease
 - Volatile organic compounds
 - Cancer-causing chemicals
 - Heavy metals such as nickel, tin, and lead⁵

What Teens Think is in Their E-Cigarettes⁶:



JUUL

- JUUL is a brand of e-cigarette that is popular among teens. They look like USB drives.
- "According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes."⁷
- The high levels of nicotine make JUUL highly addictive.
- MarkTen Elite, a nicotine delivery device, and the PAX Era, a marijuana delivery device both look like JUUL.



What Can You Do as a Parent?

- Educate yourself about e-cigarettes and all of the sizes and shapes they come in.
- Talk to your children about the risks of vaping. Let them know it is not a safe alternative.
- Join your local prevention council.

Signs Your Teen is Vaping

- Look out for vaping devices in your child's room.
- Keep an eye out for packages arriving at your home; the devices can be ordered online.
- Take note of subtle smells that can be associated with flavors, such as bubble gum or chocolate.
- Increased thirst and nose bleeds from chemicals in the e-juices and pods.
- Check your child's social media accounts for pictures of them or their friends vaping.
- Watch out for bloodshot eyes, change in appearance and also change in friends.

New Canaan CARES

New Canaan CARES is an independent, nonprofit community organization whose purpose is to advance the health and well-being of youth and families by providing responsive educational programs that support and strengthen parenting skills, positive youth development, and healthy lifestyles.

Visit newcanaancares.org or call (203) 966-7862.

Sources: 1. CDC 2,3. DEA Get Smart About Drugs 4. NIDA 5. US Department of Health and Human Services 6. NIDA 7. CDC