

What parents need to know

VAPING

A.K.A.: E-Cigs, Juuls, Vape Pens, Vape Sticks, Mods, Puff Bars

Introduced as a safe alternative to smoking, among youth e-cigs are proving to be a very risky and increasingly popular means of nicotine and THC consumption.



The Risks:

- The Food and Drug Administration (FDA) has referred to the dramatic increase in e-cigarette use among youth as an **"epidemic"**.
- **12%** of Clayton High School students used electronic cigarettes within the past 30 days.- Missouri Student Survey 2022
- **Young teens are more likely to vape than smoke.** Even though fruity and mint flavors have been banned for pre-filled pod devices, these flavors are still available for disposable vape devices.
- **E-cigarette vapors are NOT harmless-** even as "second hand" smoke. Heating the solutions, or "juice", to produce the inhalable aerosol produces known carcinogens such as formaldehyde. The hotter the vapor, the greater the release of chemical toxins.
- **People typically vape nicotine, but sometimes users can vape THC concentrates** (the psychoactive ingredient in cannabis) or the flowering parts of the cannabis plant. Other ingredients like flavorings consist of glycerin and/or propylene glycol. While these two chemicals are considered safe for use in food consumption, the effects of aerosolizing and inhaling them into the lungs are unknown.
- **E-cigs often deliver much higher doses of nicotine and formaldehyde** than conventional cigarettes, raising the likelihood of nicotine addiction in teen "vapers". Importantly, nicotine is much more harmful to the developing teen brain than to the mature adult brain.
- As of January, 2020, the CDC has reported **2,711 cases of EVALI**, or e-cigarette or vaping product use associated with lung injury. Many of these cases involved people vaping THC.-CDC

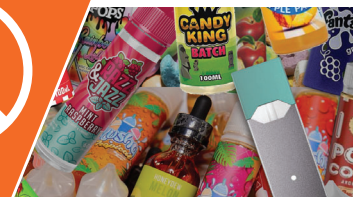
What's in a vape?



E-cigarettes, aka vapes, use a battery to heat up a special liquid into an aerosol that users inhale. It's not just harmless water vapor. The "e-juice" that fills the cartridges usually contains nicotine, propylene glycol, flavorings and other chemicals such as carcinogens and heavy metals. Studies have found that even e-cigarettes claiming to be nicotine-free contain trace amounts of nicotine. Additionally, when the e-liquid heats up, more toxic chemicals are formed.

How to Protect Your Child

- **Be an active role model** of healthy choices – your example matters.
- **Know the facts about vaping.** Do not be misled into believing that using e-cigarettes is harmless.
- **Talk openly and candidly with your children** about the risks of smoking in any form. Be certain your children understand that vaping is not safer than traditional forms of smoking; e-cigs are dangerous in different ways.
- For the health of your family, and especially your children, **maintain a zero tolerance stance about smoking.**
- For help quitting nicotine use, go to truthinitiative.org/thisisquitting or text **DITCHVAPE to 88709** for free, anonymous help.



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HELPING YOUTH MAKE HEALTHY CHOICES