

KNOW VAPING

Vapes/VapePens/Nics/Novos/Sourins/Juuls are devices that heat a liquid until it becomes an aerosol (mist) that is inhaled. "Vape Juice" are liquids that typically include nicotine, flavoring and chemical humectants.

FAST FACTS

THE DEVELOPING BRAIN

Exposure to nicotine among youth is particularly dangerous since it has been shown to have an effect on key brain receptors, making young people more susceptible to nicotine addiction.



LACK OF QUALITY CONTROL

90% of vapes are being made in China, in factories that are largely unregulated and with poor quality control. Labeling is not always a reliable indicator of nicotine content, as studies have found mislabeling to be a common issue for vapes.



CHEMICAL CONTENT

Vape juice contains chemicals that are known to be respiratory irritants, and research has found that some flavors are potentially more toxic than others. The repercussions of long-term exposure to the chemicals found in vape juice and produced by vapes are not yet known, since products have not been on the market long enough to conclusively study their effects.



HOW I CAN SUPPORT

1 NORMALIZE THE CONVERSATION

Assume that your child is aware of vaping and has come into some form of contact with it, whether from peers, entertainment, or social media. Ask your teen what they know about vaping. Normalize that you are aware young people vape without placing judgment or assumptions on them.



2 DEMONSTRATE CURIOSITY

If your teen discloses they are vaping, begin with demonstrating curiosity about their use. You can ask questions such as...

What do you like about it? What encouraged you to start?
What changes do you notice when you vape?

If you didn't vape, what would you do instead?

This shows your teen that you are seeking to understand and showing concern for their well-being.



3 FIND ALTERNATIVE ACTIVITIES

Alternative activities such as sports, dance, expressive arts, and community service can provide positive spaces for your teen to de-stress and build social relationships that don't involve vaping. Create intentional time to connect as a family while doing activities that both you and your teen enjoy.



4 IT TAKES A VILLAGE

Your teen may need the help of other supports in their life, whether that be school personnel, mental health professionals, family members or friends. Modeling that you need help from others shows your child that it's okay to seek assistance with challenges in their life. This is a skill that we all need to reach our goals.

