

# Vaping Teenagers

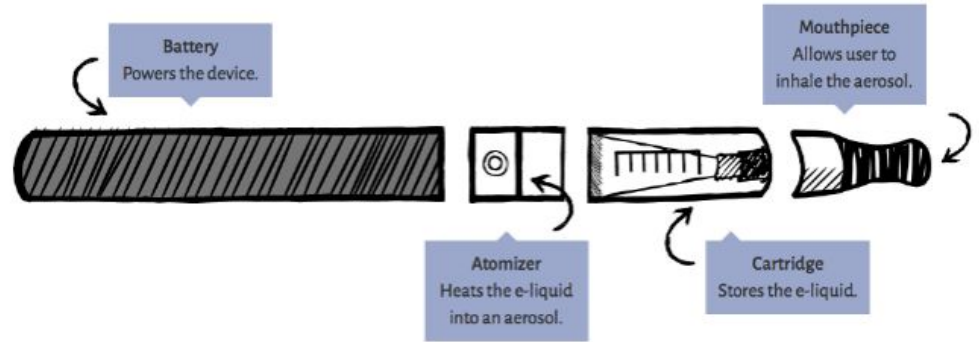
Presented by C Hardman



# What is vaping?

Vaping is the act of inhaling and exhaling the aerosol, often referred to as “vapor,” produced by an e-cigarette or similar device. Components include:

- Cartridge or reservoir to hold a e-liquid
- Heating element (atomizer)
- Power source (battery)
- Mouthpiece to inhale



# What do they look like?



# What is being inhaled?

Flavored liquids including chemicals like glycerin and propylene glycol

Flavored liquids with varying levels of nicotine.

Leaf marijuana, THC oil/wax.

The Metal Coil which burns, burns out over time. This is going into the lungs of people who vape.



# Over 15 000 Flavours

Yes 15 000 flavours!! These are appealing to teenagers.

- Candy Floss, Apple, Cotton Candy, Grap, Skittles, Hot Dog, Unicorn Poop,
- These are not targeted to help people quite. These are targeted at youth.



# Addiction

## The nicotine “arms race”

**1 pack of Cigarettes**

≈ 20 mg of inhaled nicotine



**= 20**

Cigarettes

**1 JUUL pod**

≈ 41.3 mg of nicotine



**= 44**

Cigarettes

**1 PHIX pod**

≈ 75 mg of nicotine



**= 75**

Cigarettes

**1 Suorin pod**

≈ 90 mg of nicotine



**= 90**

Cigarettes

# How do young people get them?

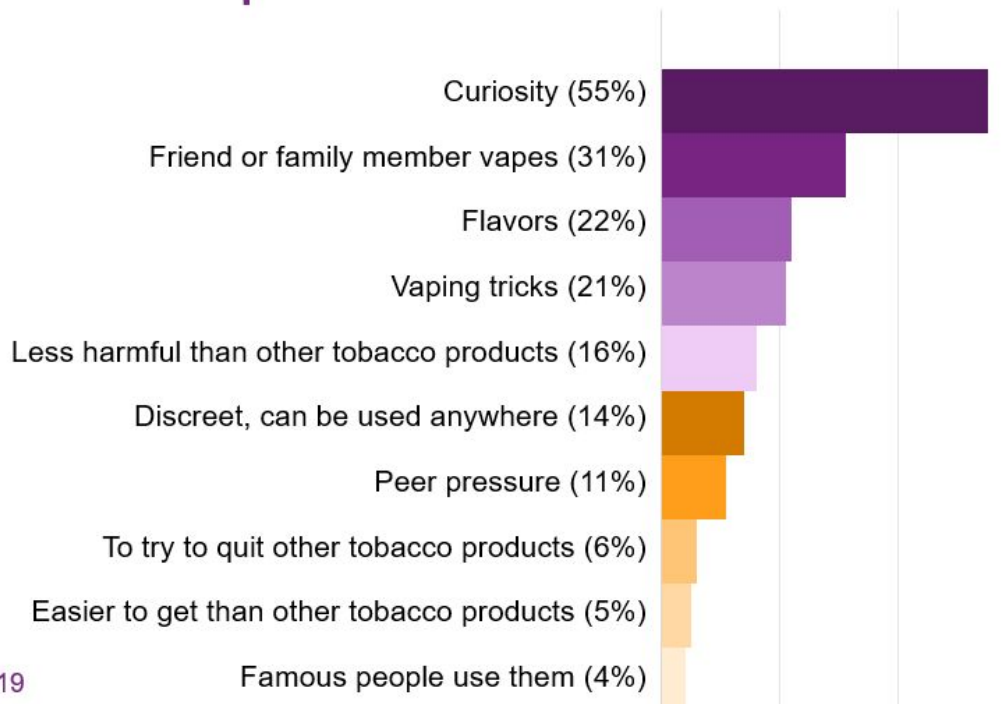
## How do youth get vaping products?

Sources of e-cigarettes among students who vaped in the past 30 days (2018)



# Why do young people want to Vape?

## Why teens vape



Source: CDC, 2019





# Concerns - This is an R18 product.

## So why the concern?

- Nicotine itself is harmful
- The chemicals in the aerosol are harmful
- Risk of progressing to cigarette smoking
- Dual use – both vaping and smoking – is common
- Risk of addiction
- Link to other substance use and addiction
- Link to mental health disorders
- Recent spate of illnesses and deaths

# Risk

## Risk of progressing to cigarettes

- Adolescent vaping increases the odds of smoking about fourfold



4x



- Among 12- to 15-year olds considered low-risk for smoking, vaping was associated with a 9x increase in their odds of smoking

Sources: Soneji et al., 2017; 2018

# Risk Of Addition....

## Risk of nicotine addiction

- Because of high nicotine content, many who vape can't stop – nicotine is a highly addictive drug
- Vaping is more addictive than cigarette smoking
- Nicotine, like all drugs, changes the structure and function of the brain
- Addiction risk increases for those with family history or mental health problems
- Intense withdrawal symptoms – strong cravings, fatigue, irritability, difficulty concentrating



# How can you support as Parent / Caregiver

- Have a conversation at home. This can happen if you know your son or daughter vapes or if you know they don't.
- Be firm and offer support. Ensure that this is a open conversation.
- We have no idea how this will affect young people in 5 -10-20 years time.
- Inhaling vapour into your lungs along with a metal coil that burns will not enhance your son or daughters health in the long term.
- Nicotine has a negative effect on the teenage brain during a very important part of its development.
- There is advice and support if your son or daughter is addicted to nicotine.

# HERE ARE SOME

## SIGNS THAT YOUR TEEN MAY BE VAPING:

Increased  
secrecy



Easily  
Irritated



Unusual  
spending



Less time  
spent at  
home



unknown  
devices



Increase  
in thirst



Discreet  
packages



Sudden  
nosebleeds





# References

[https://drugfree.org/juuling-dripping-dabbing-and-more-what-school-professionals-need-to-know-to-about-vaping\\_fall-2020\\_82620-red/](https://drugfree.org/juuling-dripping-dabbing-and-more-what-school-professionals-need-to-know-to-about-vaping_fall-2020_82620-red/)