

Vaping

SECOND EDITION

IT'S NOT JUST HARMLESS WATER VAPOR.
IT CAN KILL YOU.



**PARTNERS IN
PREVENTION**

SCHOOL DISTRICT 197

West St. Paul - Mendota Heights - Eagan Area Schools

FOR THE FIRST TIME IN
17 YEARS NICOTINE USE RATES
AMONG TEENS HAVE RISEN

almost 80%

MAKING THIS TREND AN "EPIDEMIC"

ACCORDING TO THE US SURGEON GENERAL

LINGO YOU NEED TO KNOW.

JUUL or JUULing
(pronounced jewel)

Pods

nicotine salts

cigalikes

atomizer

**VAPING/VAPE
PENS**

e-juice

throat hit

e-cigs

hash oils

cloud chasing

dripping

mods

wicks

squonking

coils

cartridge

atomizer

TYPES OF VAPING DEVICES

THEY CAN HIDE IN PLAIN SIGHT

Listed below are the types of devices available on the market. There are hundreds of variations produced by over 450 manufacturers.



CIGALIKE



JUUL

♥ BEST SELLER



POD MOD



VAPE PEN

🌿 OFTEN USED FOR MARIJUANA



ALL IN ONE MOD



BOX MOD



DESKTOP VAPORIZER



LOOK-ALIKE

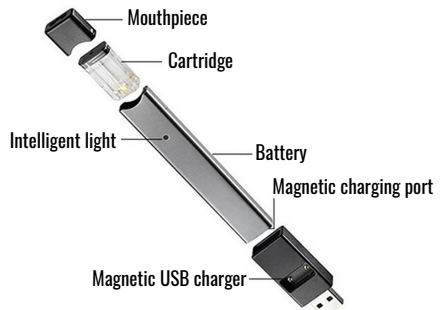


LOOK-ALIKE



LOOK-ALIKE

ANATOMY OF A JUUL



VAPING IS NOW AN EPIDEMIC.

**TEENS DO NOT UNDERSTAND THE LONG-TERM
DAMAGE IT CAN DO TO THEIR BRAINS & LUNGS.**

HISTORY: E-cigarettes were first introduced into the market as a cessation device to help existing, adult smokers quit smoking. Not only was this plan unsuccessful from a business standpoint, it also gave consumers the false sense that e-cigarette liquids were safe. In fact, many believe the liquid used in vaping devices only consists of water. FALSE! These battery-powered devices deliver harmful nicotine, flavoring, lots of chemicals and in some cases THC and/or CBD oil.

**There is no such thing as safe nicotine in the
developing brain! Any amount of nicotine is addictive.**

Source: National Institute of Health (NIH)

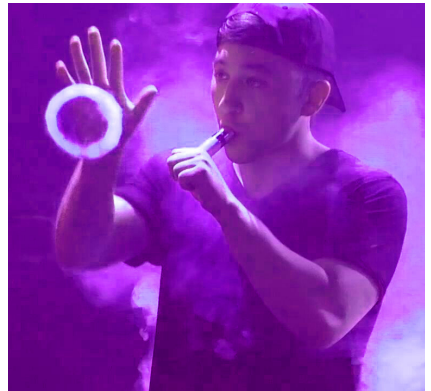


TEENS THINK IT'S HARMLESS

Nationwide surveys show youth don't understand e-cigarette devices contain nicotine. Many also believe "it's just harmless water vapor." That couldn't be further from the truth. Not only is vaping highly addictive, but it has also been proven to have dangerous effects on the lungs. Pods contain 10% nicotine and flavoring, 90% propylene glycol and vegetable glycerin and many other harmful chemicals such as: formaldehyde, chromium, nickel, lead, and many others! The term vaping is even misleading because vaping technically suggests inhaling water vapor when in fact a dangerous aerosol is actually being inhaled. Source: <https://www.juul.com/learn/pods#juulpods-ingredients>

THE COOL FACTOR ENTICES

It has become trendy to vape, which captures the heart of so many youth. There are countless videos on YouTube and Instagram dedicated to vaping, including over 5 million posts with the hashtag #vapetricks. The flavored juices also appeal to youth. **There are over 15,000 flavors - including cotton candy, mint, mango and more!**



DEVICES ARE EASY TO CONCEAL BECAUSE THEY LOOK LIKE OTHER ITEMS

These trendy devices are made to resemble everyday items such as: USB drives, pens, highlighters, sweatshirt strings, inhalers, and key fobs. This makes it hard for parents, caregivers, teachers and staff to notice students are using. **They are often hidden in plain sight!**




ADDICTION IS NOT JUST A PHASE.

EARLY NICOTINE OR THC EXPOSURE PAVES A PATHWAY FOR ADDICTION OF ALL KINDS.

Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Because addiction is a form of learning, adolescents can get addicted more easily than adults. Nicotine can prime the adolescent brain for addiction later in life. And we're not talking just cigarettes, even though e-cigarette users are 4x more likely to eventually use traditional cigarettes. These new pathways pave a way for addiction of all kinds – drugs, sex, gambling, caffeine, etc.

Teenage brains are still under construction. The last part of the brain to develop is the prefrontal cortex, which happens for girls around 22 years old and boys around 25. The prefrontal cortex is home to decision-making and judgment – pretty pivotal developmental tasks for teenagers. During development, introducing chemicals, such as nicotine or THC, can literally change the way the brain forms. This can leave the brain especially vulnerable to quickly creating addictive pathways.

Source: U.S. Department of Health & Human Services; Center for Disease Control and Prevention & the Office of the U.S. Surgeon General



TEENS ADMIT TO USING ONE JUUL POD IN A DAY

Moderate JUUL users report going through one pod a day, which is equivalent to 20 cigarettes worth of nicotine. Heavy users report going through 2 pods a day, which is 40 cigarettes worth of nicotine!

It's no wonder so many youth have become addicted.



ONE JUUL POD
is equal to

20 TRADITIONAL CIGARETTES



According to Truth Initiative: Inspiring Tobacco-Free Lives

TEENS DON'T KNOW THEY'RE ADDICTED

Nicotine is highly addictive. It doesn't take long before a habit is formed and an addiction is fully underway. Teens we talked to didn't understand the signs of addiction. If they don't know they're addicted, they won't seek help.



This is where adults can ask questions (listed at the end of this brochure) to determine if help is needed!

COTTON CANDY FLAVORED CHEMICALS

Many carcinogens have tested positive in e-cigarette liquids. They have caused major lung diseases in moderate users across the country.



MARIJUANA VAPE IS A FELONY.

VAPING THC IS A DANGEROUS TREND AND IS
LIKELY BEHIND MUCH OF THE SERIOUS ILLNESS
AND DEATHS RELATED TO E-CIGARETTE USE.

Tetrahydrocannabinol - or THC - is the psychoactive ingredient in marijuana that causes the hallucinogenic high. In a highly concentrated form, it can be vaped using an electronic delivery system, typically a dab pen. This is especially dangerous for the developing brain and has been known to lead to serious lung illness, cognition loss, psychosis and even death. It is also much easier to hide when it's paired with a scented flavor, making it much more difficult to identify. Source: Center for Disease Control and Prevention

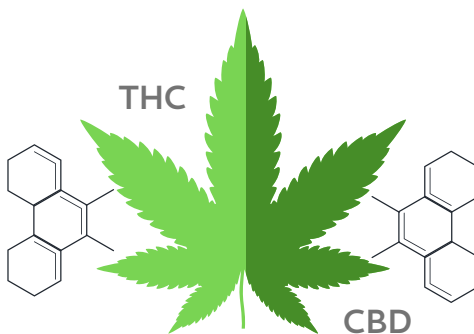
**IF YOU'RE SUSPICIOUS YOUR TEEN IS VAPING,
IT IS INCREDIBLY IMPORTANT TO FIND OUT
WHAT HE OR SHE IS VAPING.**



CBD vs. THC

TEENS DON'T UNDERSTAND THE DIFFERENCES

THC, CBD, ... with so many retailers marketing CBD oils and edibles, it can be difficult for youth to understand the difference between CBD (cannabidiol) and THC (tetrahydrocannabinol).



The latest findings from the investigation into lung injuries associated with e-cigarette use, or vaping, suggest THC products play a role in the outbreak. Most of the people (77%) in this outbreak reported using THC-containing products, or both THC-containing products and nicotine-containing products.

Source: CDC's Morbidity and Mortality Weekly Report (MMWR).

THE HARMFUL EFFECTS . . .

- Addiction
- Learning, memory & attention
- Pneumonia & other lung illnesses
- Respiratory issues: coughing, shortness of breath, chest pain
- Headaches & dizziness
- Nausea, vomiting, abdominal pain
- Fatigue
- Weight loss (without trying)



According to The National Academies of Science Engineering Medicine's 2018 Report: Public Health Consequences of E-cigarettes

VAPING IS LEADING TO LUNG INJURY AND, IN SOME CASES, DEATH

- 1,604 lung injury cases associated with the use of e-cigarettes have been reported.
- 34 confirmed deaths from 24 states
- 79% of patients are under 35 years old.
- Most, but not all, cases reported THC use.



According to the CDC Weekly Report on October 22, 2019

WARNING SIGNS

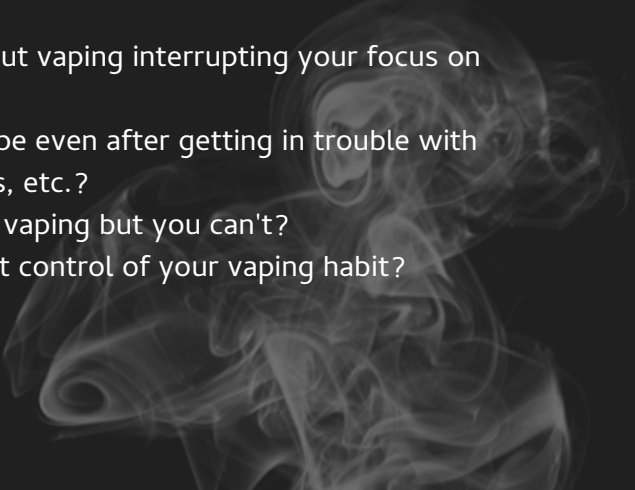
HELP MAY BE NEEDED.

NICOTINE WITHDRAWAL SYMPTOMS

- Feeling irritable, restless, or jittery
- Having headaches
- Increased sweating
- Feeling sad, down or anxious
- Feeling tired or groggy
- Having trouble thinking clearly
- Difficulty concentrating on things other than nicotine delivery method
- Having trouble falling asleep
- Hunger even after satisfying portions
- Having intense cravings for device

Source: American Lung Association (ALA)

QUESTIONS TO ASK...

- Are you continuing to vape even though you want to quit?
 - Do you think your vaping habit is hurting you in any way?
 - Are you anxious or irritable when you want to use your vape but can't?
 - Are your thoughts about vaping interrupting your focus on other things?
 - Do you continue to vape even after getting in trouble with school, parents, sports, etc.?
 - Are you trying to stop vaping but you can't?
 - Do you feel you've lost control of your vaping habit?
- 

TALK TO YOUR TEEN

STATISTICS SHOW A CARING ADULT IS THE BEST PREVENTION.

“What do I do if my kid is using drugs?” If you’ve just discovered or have reason to believe your child is using drugs, the first thing to do is sit down and take a deep breath. We know it’s a scary time, but you’re in the right place. Before you intervene, take time to prepare yourself for the important conversation ahead, and to lay the foundation for more positive outcomes.

- ★ **TALK TO YOUR SPOUSE/PARTNER FIRST.** We’re all familiar with the trick of turning to one parent when the other says no. It’s best if you and your spouse come to a common stance on drug and alcohol use before raising the subject with your child.
- ★ **BE PREPARED TO BE CALLED A HYPOCRITE.** Don’t let your response become a justification for your child’s drug use. Focus on the issue at hand – that you don’t want your son or daughter drinking or using drugs.
- ★ **GATHER ANY EVIDENCE.** It’s understandable to have some reservations about snooping in your child’s room or through their belongings, but remember, your primary responsibility is to their well-being.
- ★ **EXPECT ANGER, AND RESOLVE TO REMAIN CALM.** Be prepared for them to say things to shock you, deny even the most convincing evidence, accuse you of distrust, and worse. Think about how you’ll handle an angry or resentful reaction from your child.
- ★ **SET A REALISTIC GOAL.** Things will go more smoothly if you have a desired outcome in mind. It’s OK – and probably for the best – to keep expectations low. It may be unrealistic to expect your child to admit to use and pledge to stop. A more reasonable objective, like simply expressing that you don’t want him or her to use, can be a win.
- ★ **SPELL OUT RULES AND CONSEQUENCES.** Before the conversation starts, think through which rules you would like to put in place, and what the consequences of breaking them will be. This can help clarify the goal of your conversation, and help you set a clear next step.
- ★ **RECOGNIZE ANY ADDICTION IN THE FAMILY.** Don’t deny addiction in your family. Use it as a way to talk to your child and regularly remind him or her of their elevated risk. Drug and alcohol dependence can happen to anyone. But if there is a history of addiction – cocaine, alcohol, nicotine, etc. – in your family, your child has a much greater risk of developing an addiction. Explain that while they may be tempted to try drugs, the odds aren’t in their favor. Their genes make them more vulnerable to developing a dependence or addiction.

*You've read this brochure, and
now you have a question?*



Ask Ann!

School District #197 recognizes there are certain times when a student may need some guidance in regards to chemical use. If you are questioning your son's or daughter's possible use or their friends' use, don't wait! Investigate now.

District Chemical Health Services are available by contacting
Ann Lindberg-Borgen, LADC, BA at ann.lindberg@isd197.org.

Gaining educational and up-to-date information is always vital in helping make decisions.

SCHOOL DISTRICT 197

West St. Paul - Mendota Heights - Eagan Area Schools

This brochure was created by:



PARTNERS IN PREVENTION

Partners in Prevention is a community coalition working to prevent and reduce youth substance use. Our goal is to connect parents and caregivers to the right resources. We provide educational information on substance abuse and mental health, as well as other topics such as technology, stress, gender/sexuality, and behavior.

Supported by the Statewide Health Improvement Partnership, Minnesota Department of Health and Dakota County Public Health Department.



Plymouth, Minnesota and
surrounding communities



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