

RESOURCES

SmokeFree.gov – Quit Vaping
teen.smokefree.gov/quit-vaping

URMC – Stop Smoking/Vaping
urmc.rochester.edu/community-health/patient-care/stop-smoking.aspx

URMC – Nicotine Cessation Resources
urmc.rochester.edu/community-health/patient-care/for-patients/patient-resources/patient-resources.aspx

NY Smoke Free – Local Resources
nysmokefree.com/ToolsAndResources/LocalResources

Rochester Regional Health – Smoking Cessation Program
rochesterregional.org/services/pulmonary-critical-care/smoking-cessation

National Council on Alcoholism and Drug Dependence
<https://ncadd-ra.org/resources/awareness-campaigns/ends-electronic-nicotine-devices/>

CDC
https://www.cdc.gov/tobacco/quit_smoking/index.htm



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Vaping Resources for
Parents
5786 Buffalo Road
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Vaping
Resources
for Parents



PARENTS

Talk with your teen about vapes & e-cigarettes

KNOW THE FACTS

Get credible information about vapes and young people.

BE PATIENT AND READY TO LISTEN

Avoid criticisms and encourage open dialogue

Remember, your goal is to have a conversation, not deliver a lecture.

It's OK for your conversation to take place over time, in bits and pieces.

START THE CONVERSATION

A more natural discussion will increase the likelihood that your teen will listen. Rather than saying "we need to talk," you might ask your teen what they think about a situation you witness together, such as:

- Seeing someone use a vape in person or on a video
- Passing a smoke shop while driving
- Seeing a vape advertisement

Myths & Facts

MYTH: Vapes produce a harmless water vapor. There's no secondhand vapor.

FACT: Vapes do produce a vapor that contains nicotine, harmful chemicals and toxins known to cause cancer (among other things).

MYTH: Vapes aren't addictive.

FACT: Nicotine is a poison and a highly addictive drug. Nicotine is one of the main ingredients in vapes, e-cigarettes and tobacco products.

MYTH: Quitting vaping is easier than quitting cigarettes.

FACT: Actually, vaping can deliver a higher dose of nicotine at a higher rate, making the nicotine in e-cigarettes potentially more addictive than traditional cigarettes. Individuals who try to quit vaping will experience withdrawal symptoms similar to those associated with quitting smoking.

MYTH: If I vape, I won't smoke cigarettes.

FACT: Eighth graders who vape are 10 times more likely to eventually smoke cigarettes.



WHAT ARE THE HEALTH EFFECTS OF VAPING?

Addiction: E-cigarettes contain nicotine, a drug that's highly addictive. You don't have to vape every day to get addicted.

Anxiety and depression: Nicotine makes anxiety and depression worse. It also affects memory, concentration, self-control and attention, especially in developing brains.

Becoming a smoker: People who vape are more likely to start smoking regular (tobacco) cigarettes and may be more likely to develop other addictions in the future.

Heart Issues: Vaping raises your blood pressure and increases your heart rate.

Additional Issues:

- **Sleep problems**
- **Exposure to cancer-causing chemicals**
- **Chronic bronchitis**
- **Lung damage** can be life-threatening