AMCMS

COUNSELING CONNECTION

OCTOBER 2024

Talking to your Teen about Vaping

In the month of October, students will learn about the dangers of alcohol, drug, and nicotine use as well as the prevalence and harmful effects of fentanyl. Currently, the largest use of these substances is being seen in the form of e-cigarettes or vapes. The more you talk about the harms of vaping, the easier it will be to address any misinformation.

Okay, but **HOW**?

BEFORE THE TALK

- Know the facts.
- Be patient and ready to listen.
- Avoid criticism and encourage an open dialogue.
- It's okay for your conversation to take place over time, in bits and pieces.
- Set a positive example by being tobacco-free.

START THE CONVERSATION

- Find the right moment.
  - A more natural discussion will increase the link hood that your teen will listen. For example, after seeing someone using an e-cigarette in person, passing an e-cigarette shop, or seeing an advertisement for e-cigarettes.
- Ask for support.
  - Your health care provider can talk to your teen about the risks of e-cigarettes.
  - You can also suggest your teen talks to another trusted adult – this support system can help reinforce your message as a parent.

ANSWER THEIR QUESTIONS

Be open and honest with your teen about the dangers of using e-cigarettes.

KEEP THE CONVERSATION GOING

Continue talking with your teen about e-cigarettes. Remind them and repeat the conversation if needed.

What are E-cigarettes and how do they work?

E-cigarettes are electronic devices that use heat from a battery to produce an aerosol from a liquid that usually contains nicotine, flavorings, and other chemicals. Some e-cigarettes contain marijuana and other drugs. E-cigarettes can look like regular cigarettes, cigars, pipes, USB drives, pens, and other everyday items. Some common names for e-cigarettes include "e-cigs," "mods," "vapes," and "vape pens."



What makes E-cigs appealing to teens?

E-cigarettes come in a variety of flavors including fruit, candy, mint, and menthol. They also be packaged in bright, colorful, and seemingly harmless packaging which can also make them more appealing to teenagers.



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Risks of Teens Using E-Cigarettes

Most e-cigarettes (more commonly called vapes) contain nicotine – the addictive drug in regular cigarettes, cigars, and other tobacco products. Nicotine can harm the developing adolescent brain especially in the parts that control attention, learning, mood, and impulse control. Adolescents may turn to vaping to try to deal with stress or anxiety which creates a cycle of dependence on nicotine as nicotine withdrawal symptoms also include irritability, restlessness, feelings of anxiousness or depression, insomnia, and problems concentrating. E-cigarettes can also contain potentially harmful substances such as ultrafine particles that can be inhaled deep in the lungs, diacetyl, cancer-causing chemicals, and heavy metals. It is difficult for consumers to know exactly what e-cigarettes contain.

Marijuana and E-Cigarettes

E-cigarettes can also contain THC. THC is the main psychoactive compound found in marijuana. Vapes containing THC can be classified as Delta-8, Delta-9, or Delta-10. Delta-8 vapes are available for purchase in Texas. Delta-9 and Delta-10 vapes contain more than 0.3% THC – making them illegal in Texas. Any vape in possession on school grounds that contains any amount of THC will result in more severe consequences as schools are drug-free zones. A person in possession of a Delta-9 or Delta-10 vape is subject to a felony charge.

Contact Us:

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AMCMS Counseling Website

Clickable Resources

Behavioral Cessation Supports for Youth and Young Adults

CDC – E-Cigarettes and Youth Toolkit for Partners: How You Can Help End the Epidemic

CDC Electronic Cigarettes

E-Cigarette, or Vaping, Products Visual Directory

N-O-T: Not on Tobacco

SmokeFreeTeen – Quit Vaping

Article Sources:
https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

https://ecigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf