Escape the Vape:
A Conversation on E-cigarette Use

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Agenda

1. What are e-cigarettes?
2. Who is behind these products?
3. What's happening right now?
4. How do I talk to my student?
5. Who can support my student?
6. Questions?

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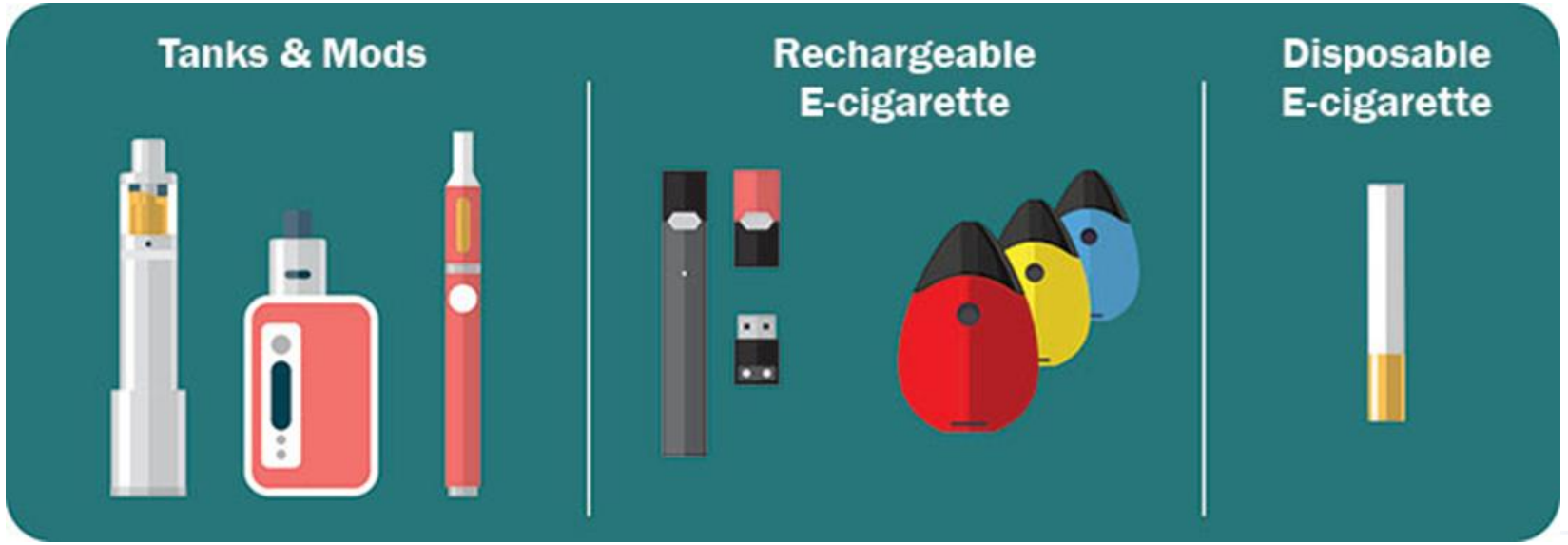
What are e-cigarettes?

E-cigarettes

E-cigarettes, or **electronic cigarettes**, create an aerosol by using a battery to heat up liquid that usually contains nicotine, flavorings, and other additives. Users inhale this aerosol into their lungs.



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E-cigarettes

Anatomy of an E-Cigarette

THE BATTERY

It is a rechargeable lithium ion battery, which provides enough current to heat the atomizer to 400 degrees Fahrenheit in seconds.

THE SENSORS

E-cigarettes without a power button will turn on when the user inhales through it. E-cigarettes with or without a power button require sensors to turn on.

THE ATOMIZER

It is a coil that is a heating element which helps convert e-liquid to tiny airborne droplets (aerosol).

THE CARTRIDGE

This holds the e-liquid (substance). It comes prefilled or refillable. It is usually combined with an atomizer as one unit.

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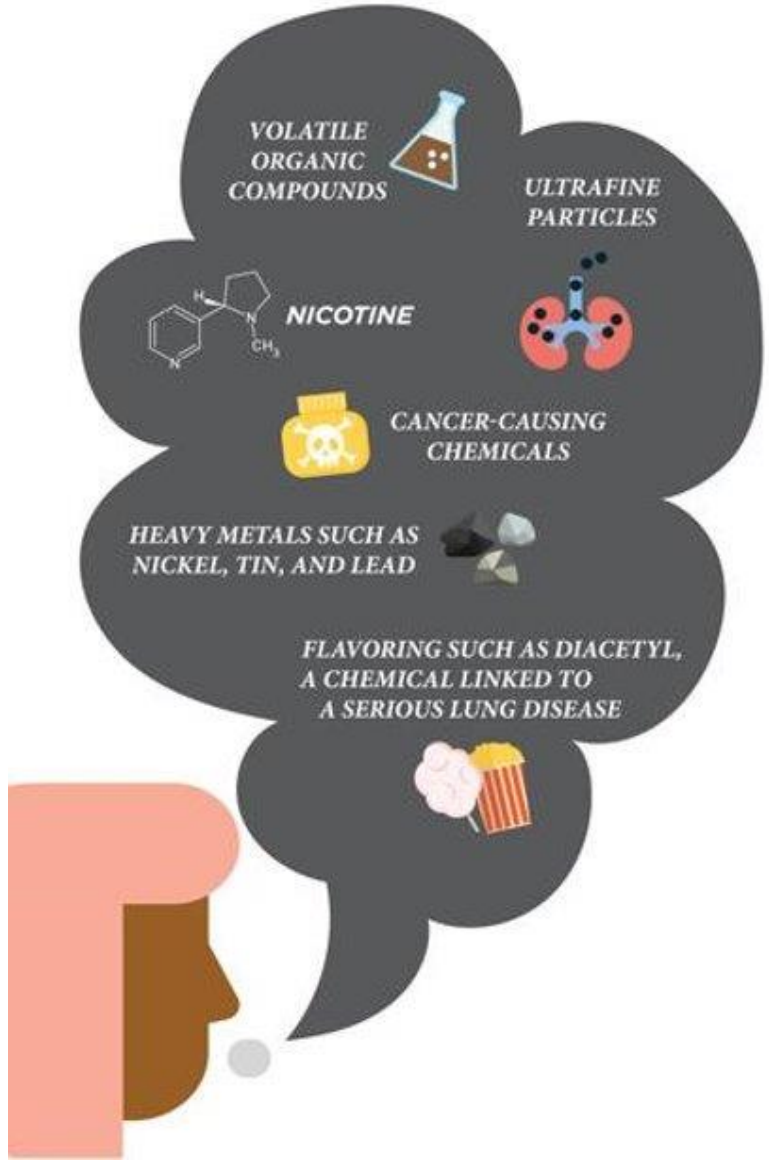
What's Inside?

- **Nicotine**
- Formaldehyde
- Propylene glycol
- Vegetable glycerin
- Heavy metals
- Ultrafine particles
- Volatile Organic Compounds (VOCs)
- Flavor chemicals
- And *more!*



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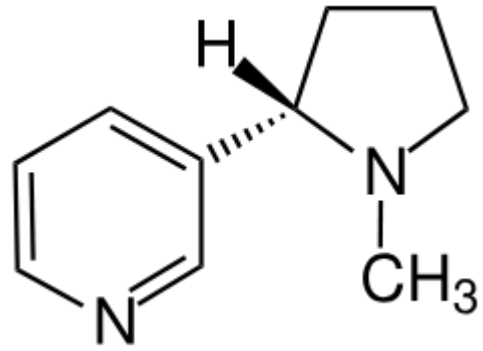
The Truth about Nicotine



- **Nicotine** is a highly addictive chemical compound.
  - Found in the tobacco plant
  - Most e-cigarettes contain nicotine salts
- Often, e-cigarettes contain **more** nicotine than traditional cigarettes.
  - Some contain as much nicotine as an **entire pack** of cigarettes.
- **1 in 4** teens who use e-cigarettes will become addicted within the first month.

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Nicotine and the Brain

- The human brain isn't fully developed until at least **25**.
- Long-term nicotine use in adolescence can...
  - Harm brain development, specifically working memory and attention span

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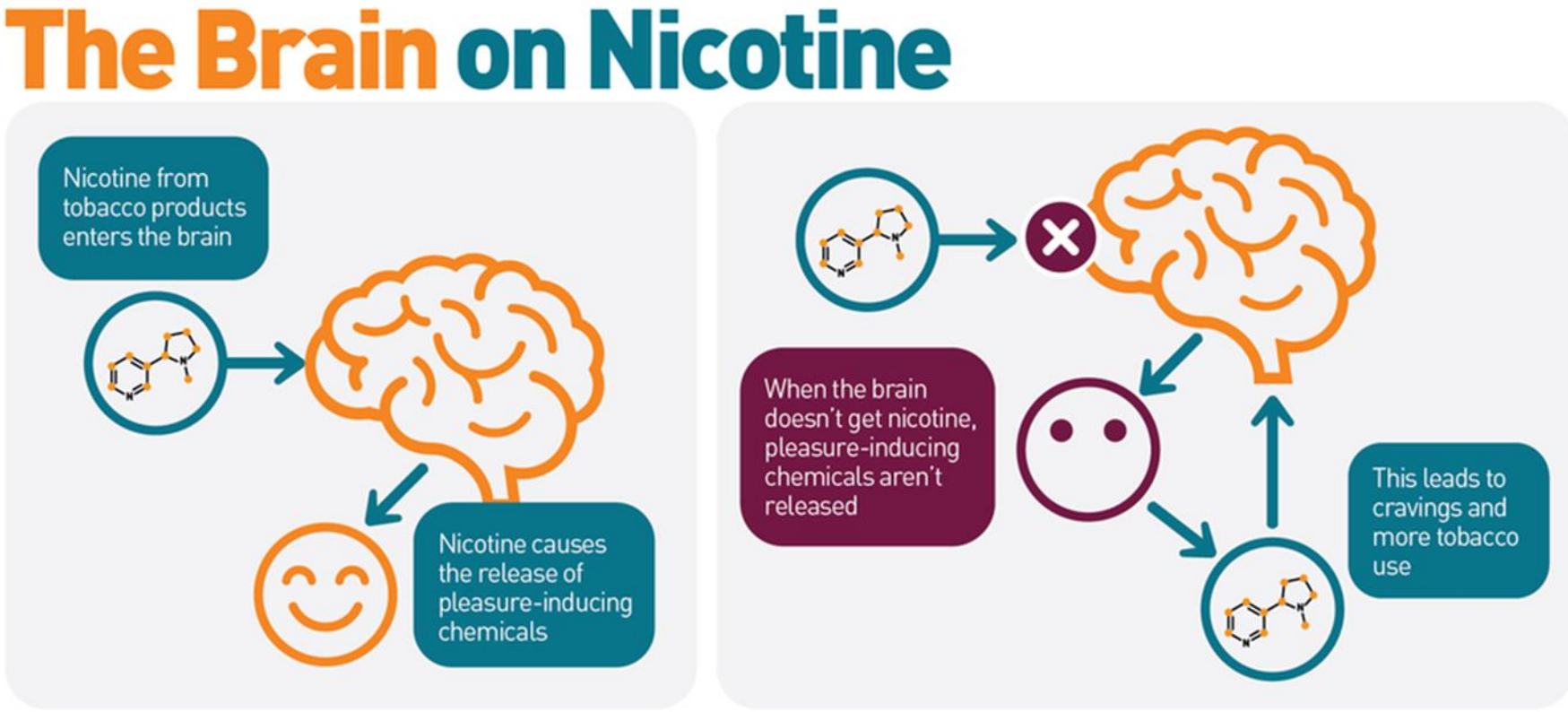
The Truth about Nicotine



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Signs of Possible E-cigarette Use

- Sweet or fruit smelling
- Mood or behavior changes
- Increased irritability or restlessness
- Increased use of technology for online purchase or unfamiliar purchases
- Desire for flavor (due to taste bud degradation)
- Cutting back on caffeine (due to feeling jittery)
- Increased thirst
- Pneumonia
- Nosebleeds

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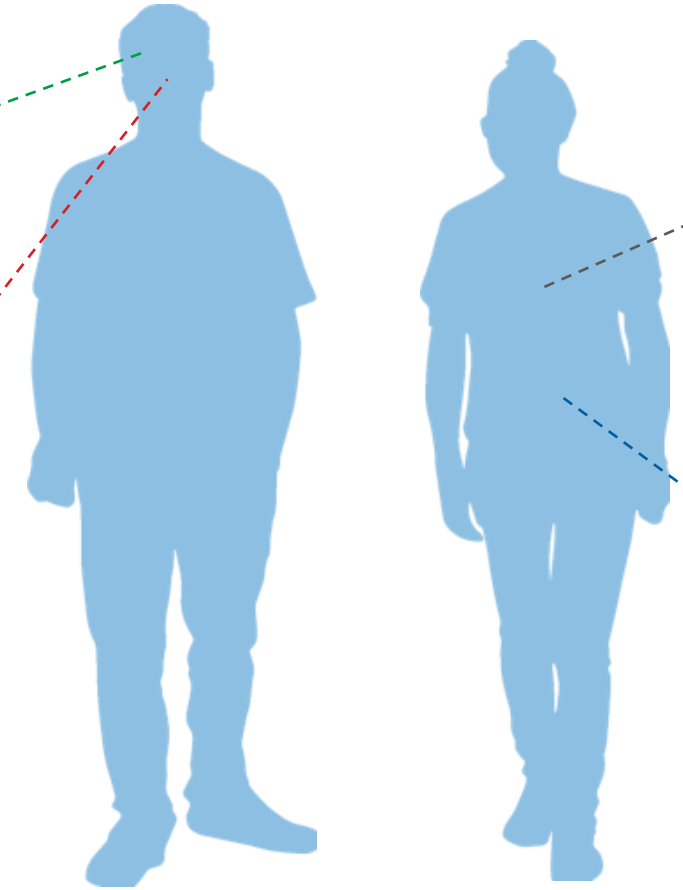
Short-Term Health Concerns

Dizziness
Headaches
Addiction

Nosebleeds
Dry Mouth / Chapped Lips
Wheezing
Sore Throat



Coughing
Asthma Attacks Get Worse
Phlegm (Mucus)

Nausea / Vomiting
Diarrhea

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Additional Health Concerns

Known:

- Trouble Sleeping
- Poor Oral Health
- Rapid Heart Rate
- Battery Explosion Injuries
- Insulin Resistance and High Blood Sugar
- Mental Health Concerns

Possible:

- Lung Infections/Disease
- Heart Disease
- Liver Damage
- Cancer
- Weakened Immune System
- Impaired Reproductive Health

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Nicotine Pouches

Nicotine pouches contain a powder made of nicotine, flavorings, and other ingredients. The pouches are placed between the lip and gum. The powder then dissolves, and nicotine is absorbed through the gums and lining of the mouth.

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“Healthy” Vapes

There are certain brands that call themselves **“healthy” vapes** or **“water” vapes** and claim they are safe for use. While these vapes may not contain tobacco or nicotine, many contain other harmful chemicals found in regular vapes and could have health consequences.

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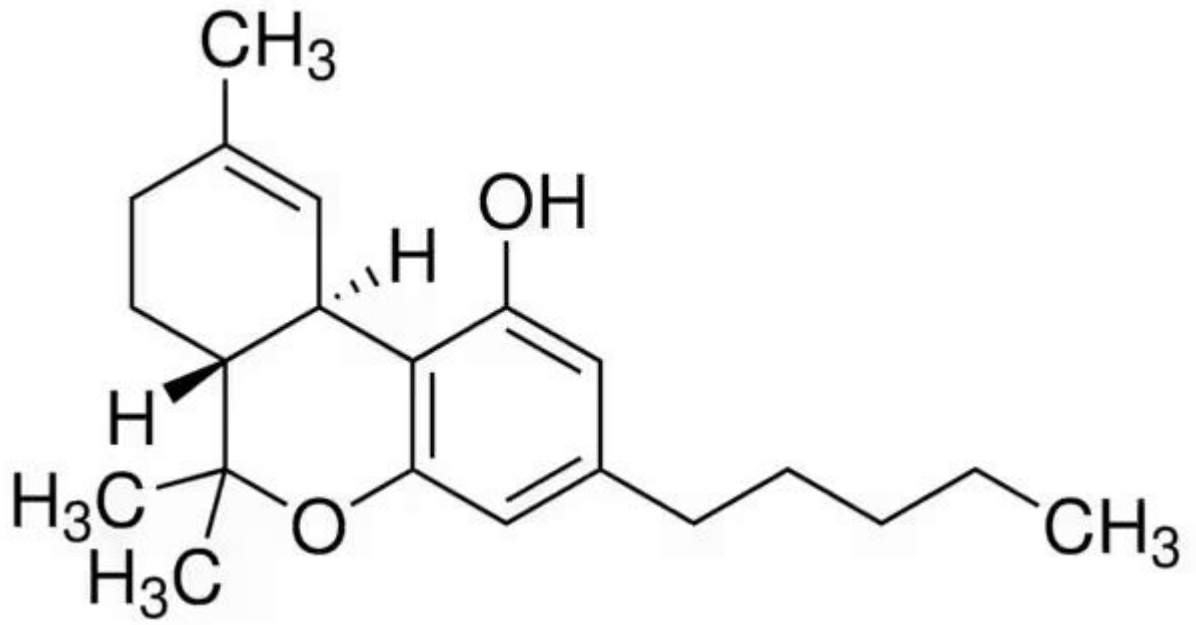
E-cigarettes and Cannabis

Some vaping devices contain **THC** (tetrahydrocannabinol), the psychoactive chemical found in the cannabis plant or made chemically in a laboratory.



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E-cigarettes and Cannabis

Popular Forms of THC: Delta-8, Delta-9, Delta-10, THCa, THCv, and THCp

Who is behind these products?


BIG
TOBACCO

Key Strategies

Big Tobacco has repackaged their products to appeal to our youth in a new way.

01

Flavor Fads

Vaping companies have created over **8,000 flavors** to appeal to our youth and their affinity for tasty treats.

02

Hidden in Plain Sight

E-cigarettes, or vapes, are no longer made to look like traditional cigarettes. They are now made to **look exactly like household items**, so they blend in and go undetected in our homes.

03

Marketing Magic

Using social media influencers, targeted ad campaigns, and product placement in stores, Big Tobacco systematically draws in a younger crowd to keep their profits high.

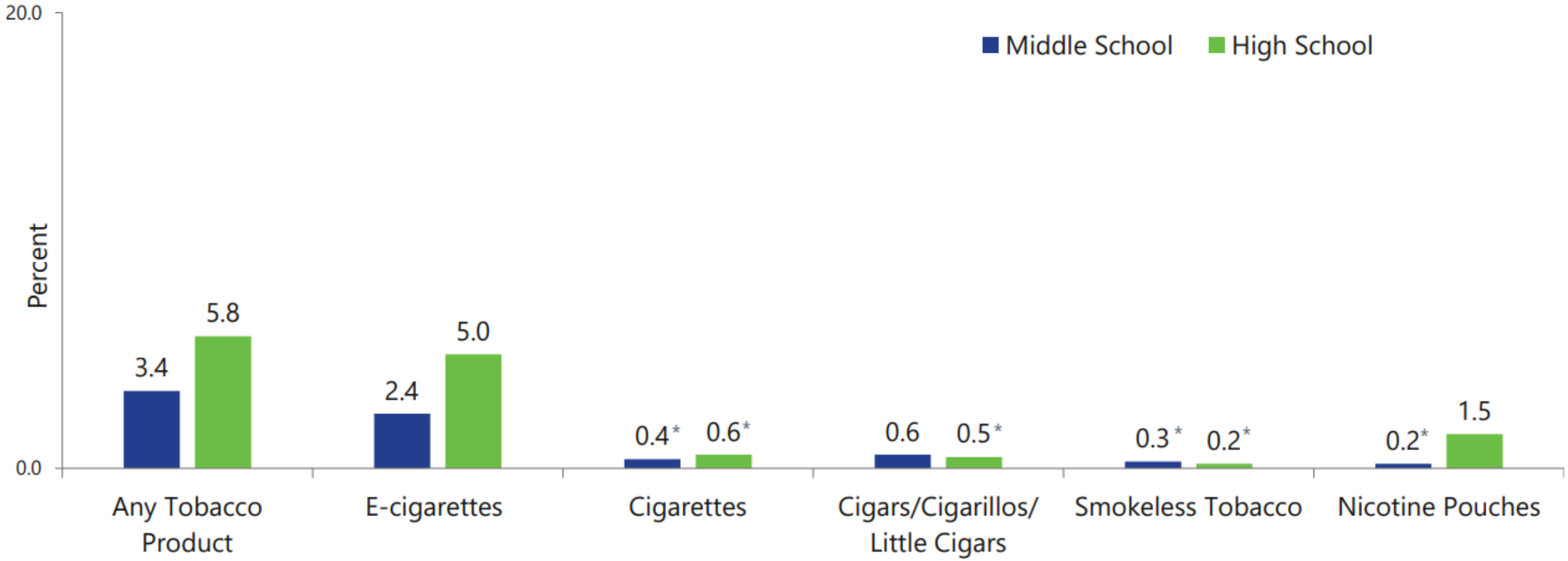
What’s happening right now?

The *Stats*

According to the 2024 Indiana Youth Tobacco survey, **5%** of high school teens and **2.4%** of middle school youth reported using e-cigarettes in the last 30 days.

- These numbers are lower than they have been for the last **decade**.
- We still need to remain vigilant and continue **discussing** the risks of e-cigarette use to combat the misinformation provided by Big Tobacco.

Current Use of Tobacco Products Among Middle & High School Students, IYTS 2024



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High School: Current use of cigarettes, cigars, smokeless tobacco, pipe, hookah, snus, dissolvable tobacco, nicotine pouches, e-cigarettes or heated tobacco products.

Middle School: Current use of cigarettes, cigars, smokeless tobacco, pipe, hookah, snus, dissolvable tobacco, nicotine pouches, or e-cigarettes

*Unstable estimates. Interpret with caution.

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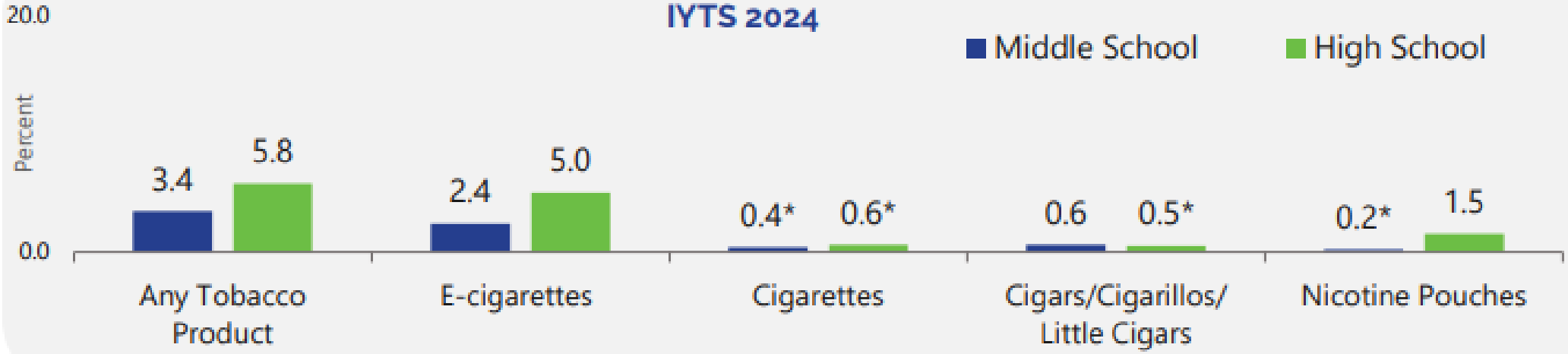
Current Tobacco Use among Indiana Middle and High School Students, IYTS 2024



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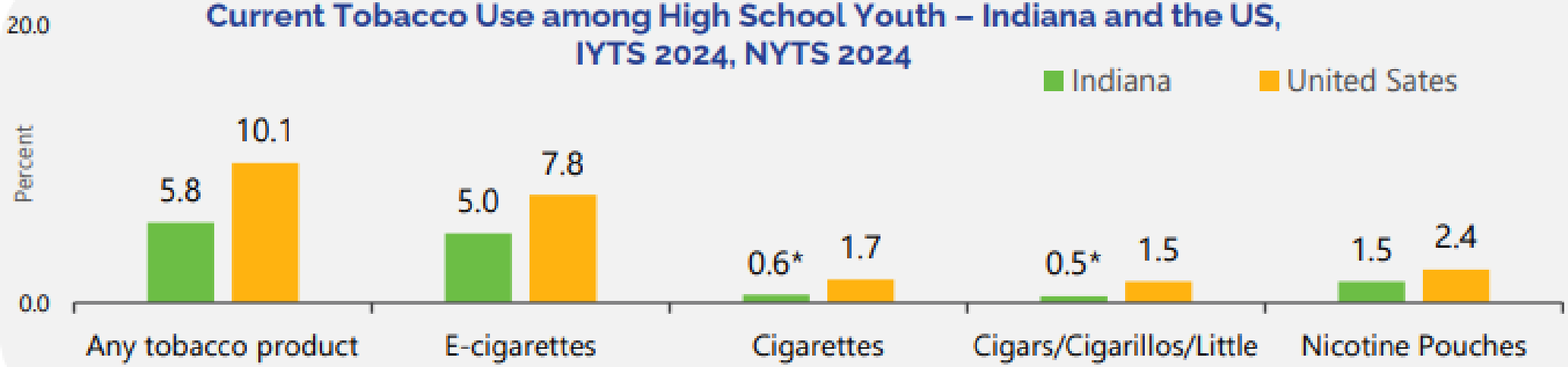
Current Tobacco Use among High School Youth – Indiana and the US, IYTS 2024, NYTS 2024



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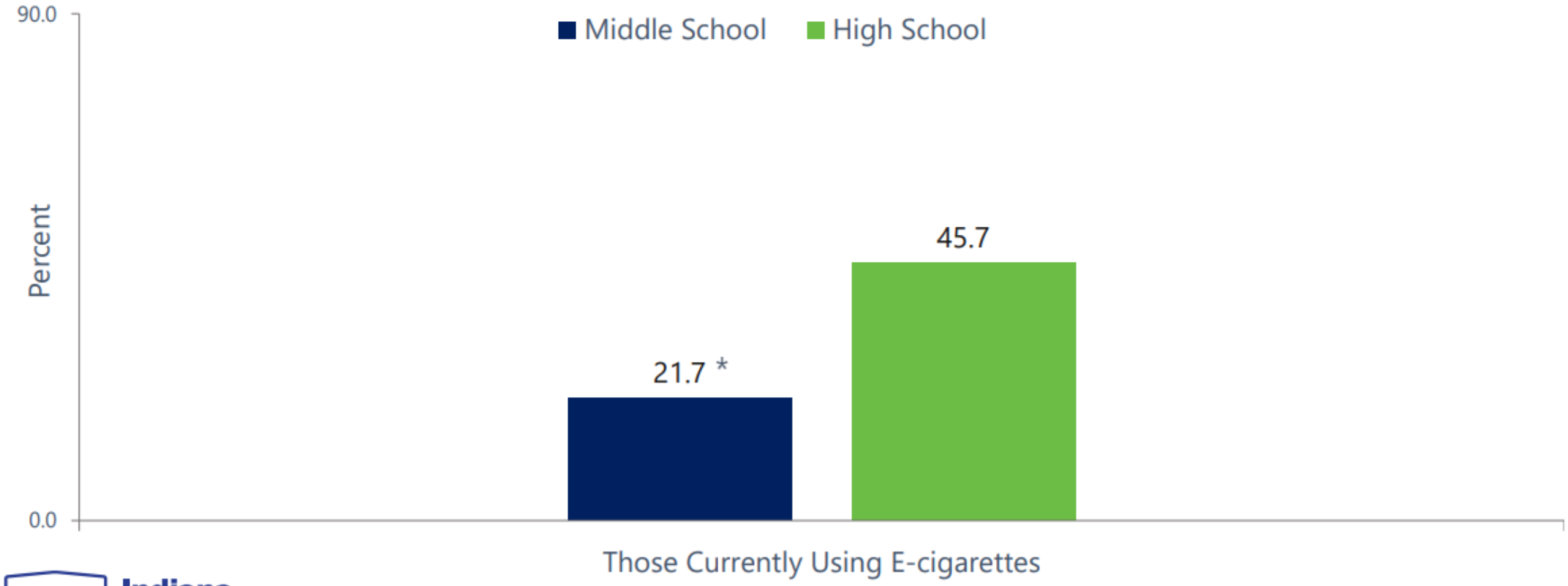
Frequent* E-cigarette Use, IYTS 2024

*Frequent Use: Use of E-cigarettes on 20 of the last 30 days



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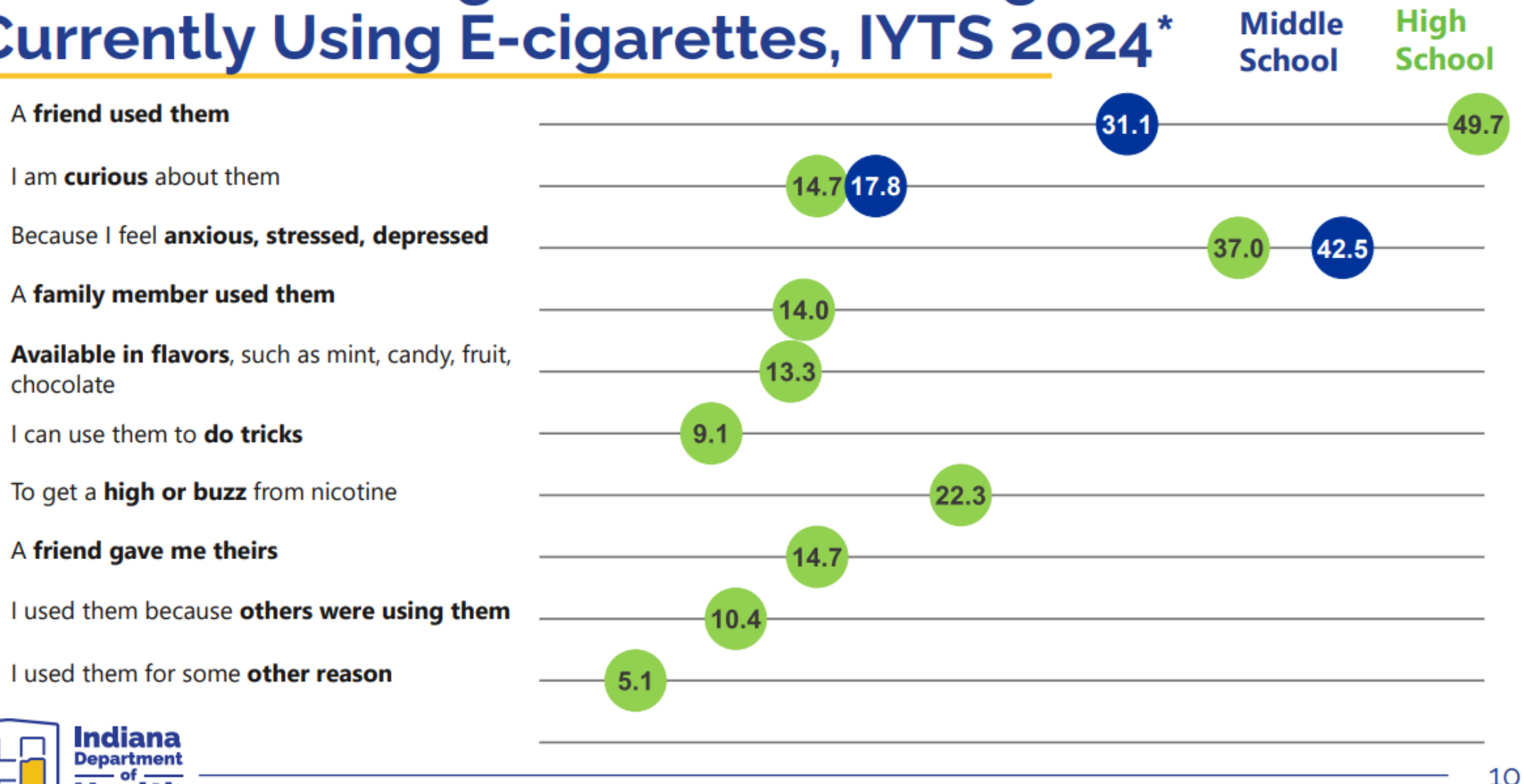
Reasons for E-cigarette Use Among Those Currently Using E-cigarettes, IYTS 2024*



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*Students can select multiple responses.

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How do I talk to my student?

Vaping Conversation Guide

The **American Lung Association** has a before, during, and after guide for talking with your teen about e-cigarettes and vaping.

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Vaping Conversation Guide: Before

Before talking to your student:

1. Know the facts
2. Put yourself in your student's shoes
3. Take an open and calm approach
4. Find the right place and time
5. Take time to practice

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Vaping Conversation Guide: During

While talking to your student:

1. Acknowledge your student's independence
2. Ask for their perspective
3. Be ready to hear that your student may have vaped
4. Blame Big Tobacco, not your student
5. Avoid scare tactics
6. Connect with what they care about

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Vaping Conversation Guide: After

After talking to your student:

1. Say thank you
2. Help your student manage stress
3. Help your student manage peer pressure
4. Follow up
5. Stay up to date on information
6. Share this information with other caregivers and support each other

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Refusal Skills: Ways to Say No

- No.
- No thanks, vaping could ruin my chance at a State Title.
- No, I'm alright. Those things make me feel sick.
- No way. My _____ would be so mad if I vaped.
- Honestly, it's not really my thing.

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Exit Strategies: Ways to Leave a Situation

- Let’s go upstairs, I think _____ wanted to talk to us.
- Oh, it’s almost my curfew. I need to get home.
- I can’t hang out tonight. Maybe another time.
- Send a text with a code word/phrase to a trusted adult to let them know you want to leave a situation.

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Who can support my teen?

Disposing of E-cigarettes

- E-cigarettes are hazardous waste for the environment due to…
  - Nicotine
  - Lithium-ion batteries
- E-cigarettes **cannot** be thrown in the regular trash or recycling.
- Hamilton County Household Hazardous Waste now takes e-cigarettes from county residents for disposal
  - Separate battery from device, if possible
  - Remove empty cartridge and place in household trash
  - Register your drop off online

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Support Resources

Text	DITCHVAPE to 88709 QUIT to 47848 QUIT to 847-278-9715 READY to 34191
Call	1-800-QUIT-NOW 1-800-662-4357
Visit	Teen.smokefree.gov Livevapefree.org
Talk To	Trusted adult, school counselor, doctor, or another medical professional

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Signs of Nicotine Withdrawal

- Cravings/urges to smoke or vape
- Feeling irritated, grouchy, or upset
- Feeling jumpy or restless
- Having trouble focusing
- Having trouble sleeping
- Feeling hungry or gaining weight
- Feeling anxious, sad, or depressed

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Tips for Managing Nicotine Withdrawal

- Physical activity
- Deep breaths
- Reduce caffeine intake
- Stay busy
- Remain social
- Seek professional help when needed

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Education in Schools

- E-cigarette Education from the Fishers Health Department includes…
  - Students in grades 6, 7, 8, and High School Health classes across the district
  - Catch My Breath's evidence-based and IDOE-backed curriculum and resources
  - Opportunities for information and questions from trained health educators who keep up to date on the most recent data around e-cigarettes

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Questions?

Thank You!