Safeguarding Our Youth

A Parent's Guide to Vaping and Fentanyl Awareness

Why This Matters?

- Teen vaping & fentanyl use are prevalent
- Prevention saves lives
- Parents are the first line of defense

Introductions

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What is Vaping?

Inhaling aerosol from e-cigarettes

Devices: disposables, pods, mods

Marketed as 'safer than cigarettes'

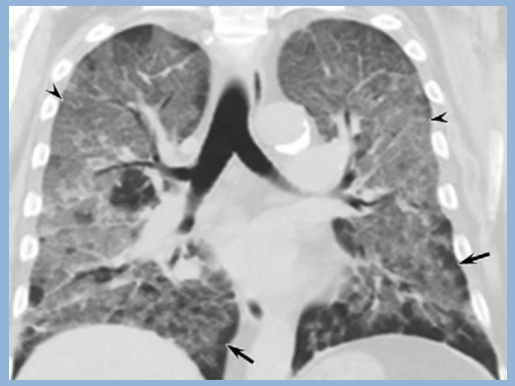
Why Teens Vape?

Peer pressure & curiosity

Flavors & marketing

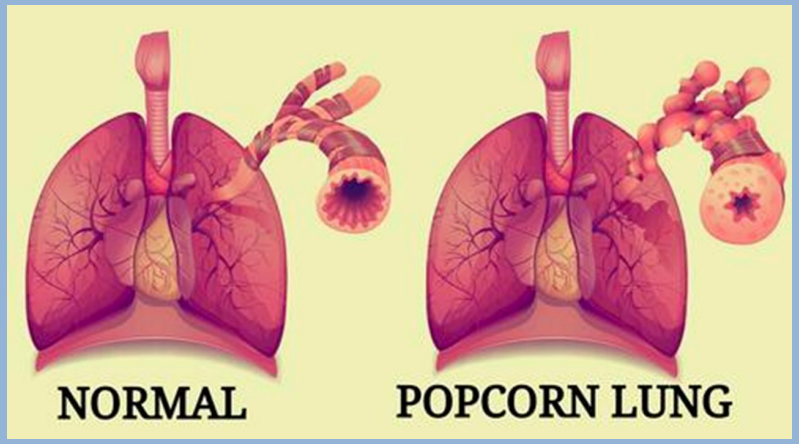
Stress & anxiety relief

Health Risks of Vaping



E-VALI

E-Cigarette or Vaping Associated Lung Injury



Lung Damage & Chronic Cough

Mental Health Effects (Anxiety, Depression)

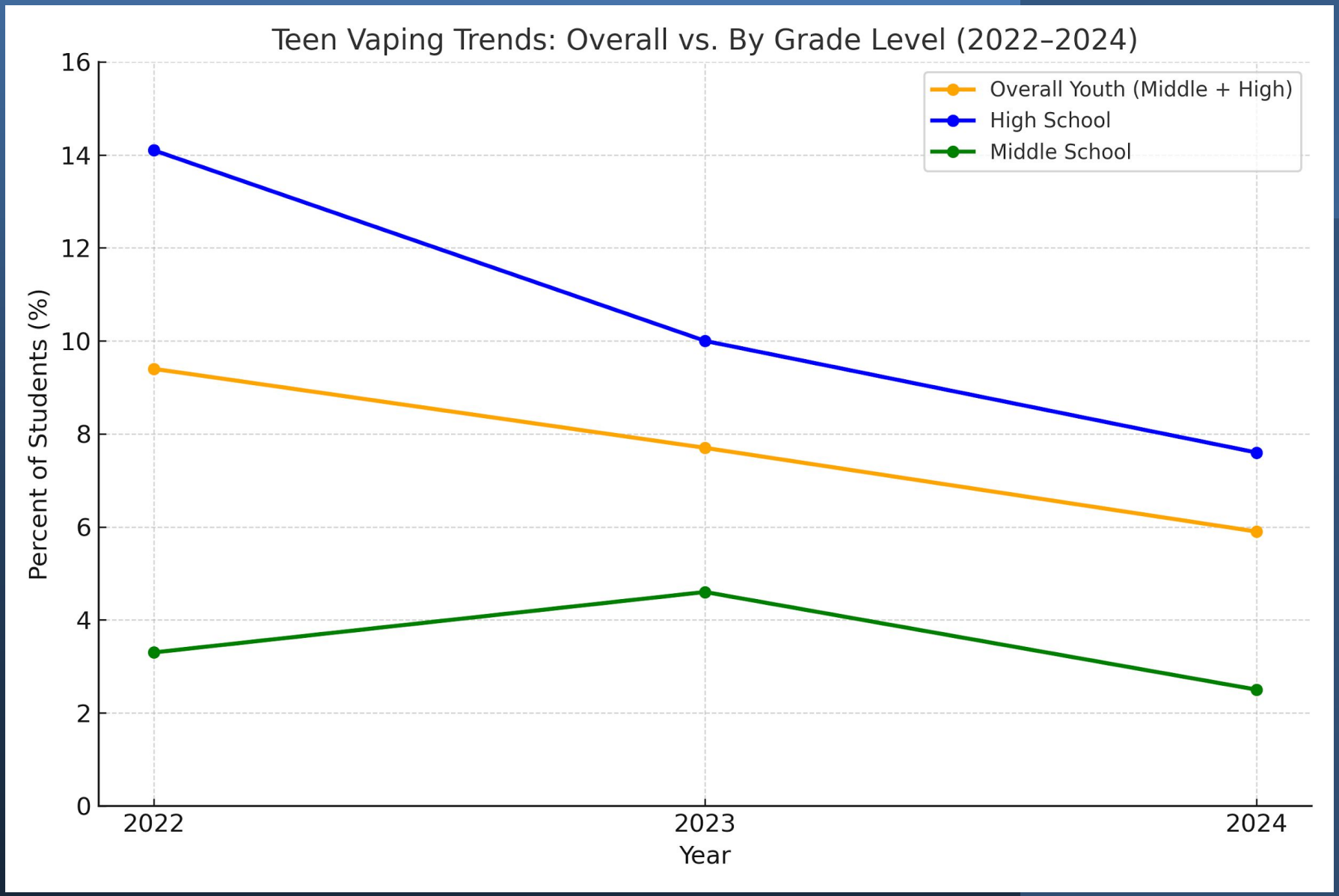
Signs Your Child May Be Vaping

Sweet/Fruity Odors

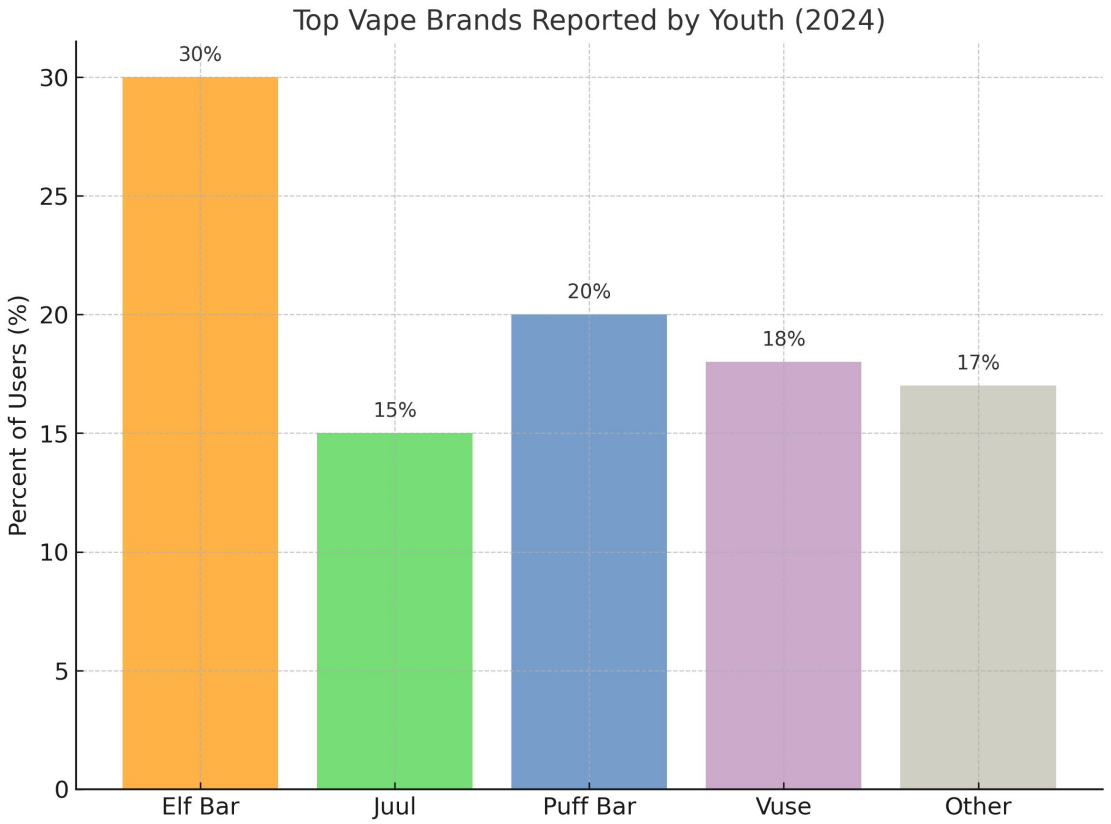
Frequent Coughing

USB-like Devices

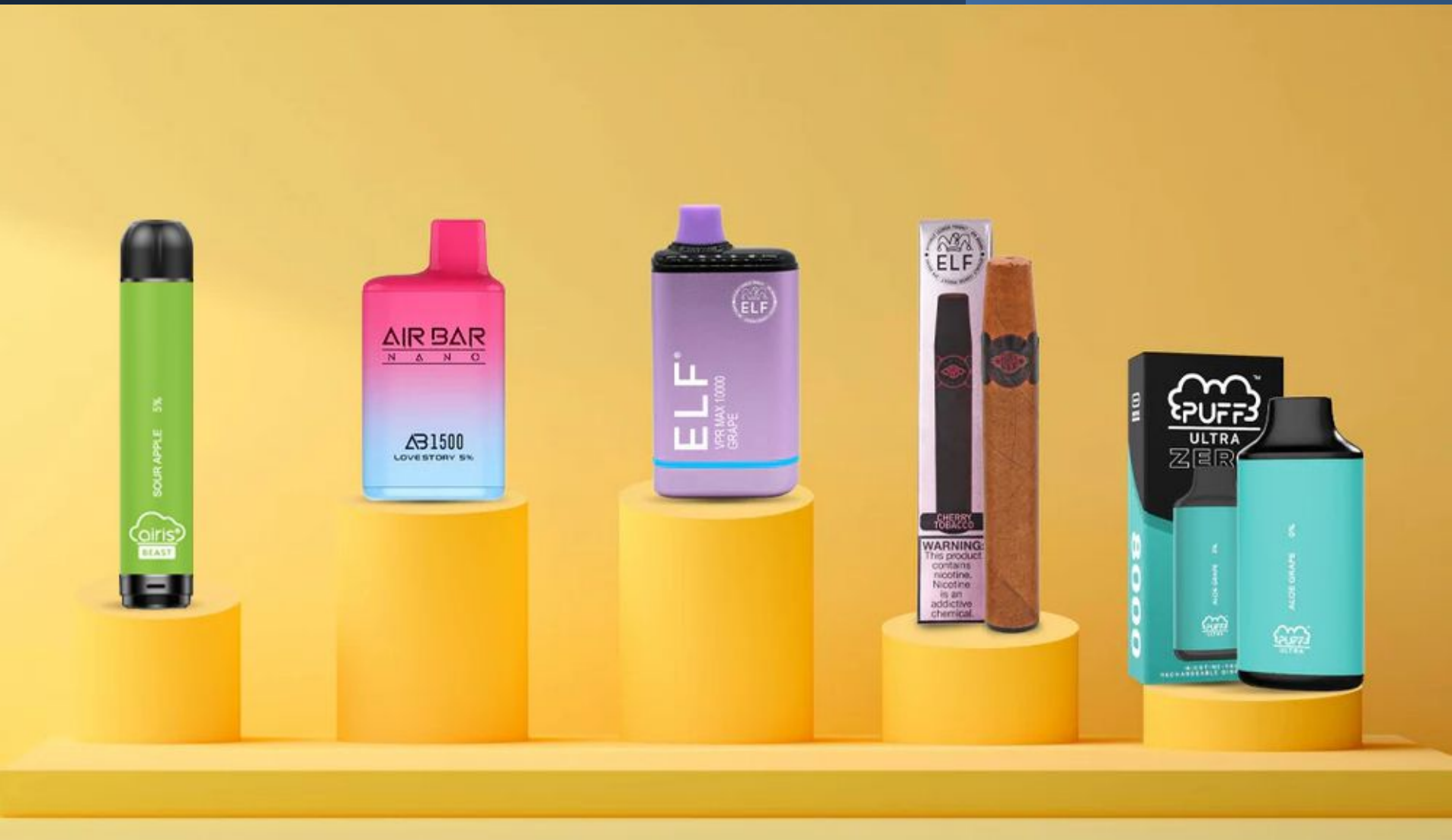
Secrecy


Teen Vaping Trends: Overall vs. By Grade Level (2022–2024)
Overall Youth (Middle + High)
High School
Middle School
Percent of Students (%)
0
2
4
6
8
10
12
14
16
2022
2023
2024
Year

Top Vape Brands Among Teens (2024)



Top Vape Brands of 2025



What is Fentanyl?

Synthetic opioid 50x stronger than heroin

Deadly in tiny amounts

Hidden in counterfeit pills & vapes

Fentanyl & Vaping Connection
Hidden Risks in Vaping

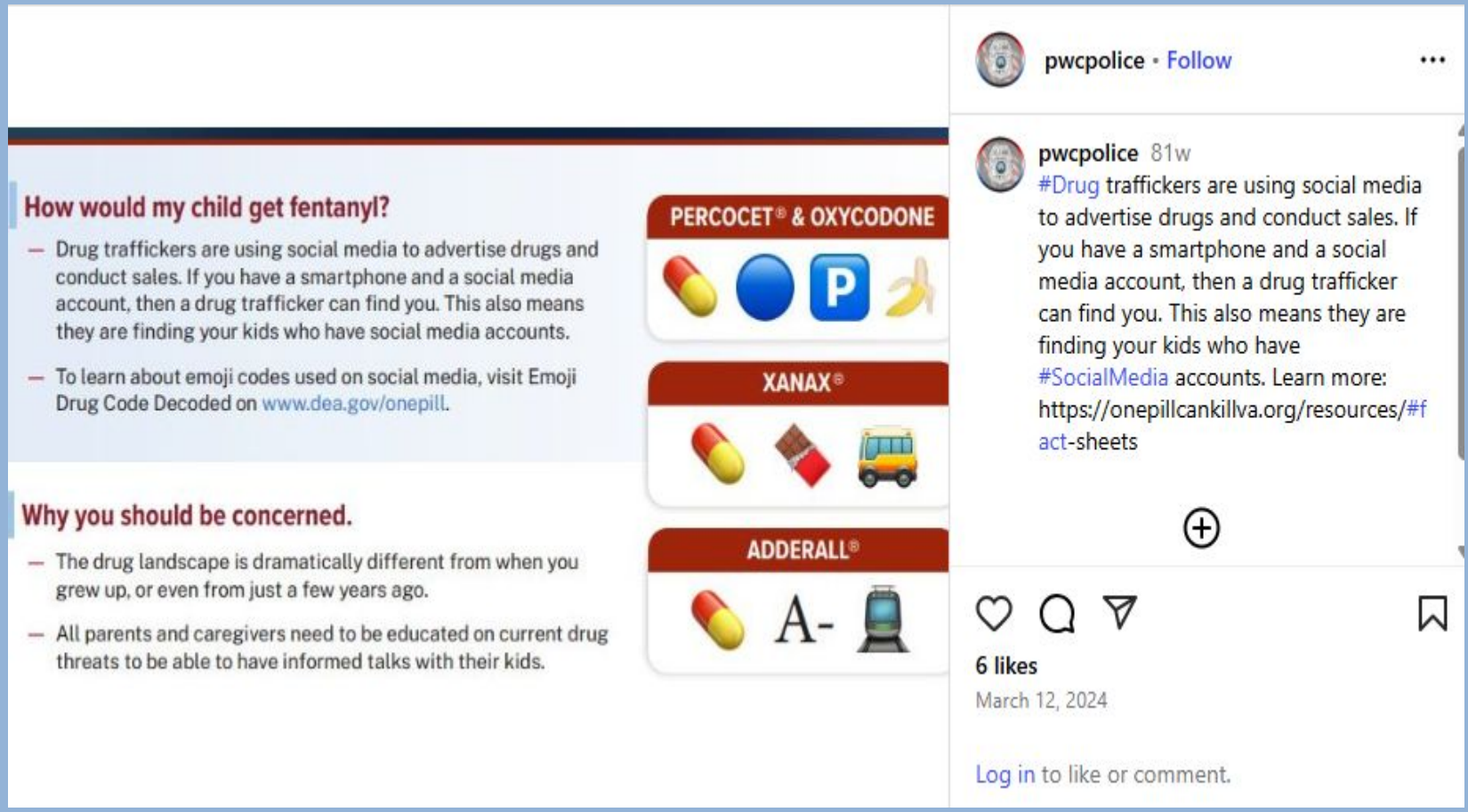
Illicit manufacturers lace vape liquids or cartridges with fentanyl

Users may believe they're only vaping nicotine or THC

Lack of regulation = unknown ingredients

Why Teens Are at Risk

Example of Social Media Drug Sales



Why Teens Are at Risk

HOW TO RECOGNIZE THE **SIGNS OF AN OVERDOSE.**

- **UNRESPONSIVE**
- **IRREGULAR BREATHING**
- **GRAY, BLUE, OR PALE SKIN COLOR**
- **VERY SMALL PUPILS**

HOW TO **REVERSE AN OVERDOSE.**

Immediate action saves lives! Good Samaritan Laws protect you when you are trying to help someone in need.

CALL 911 IMMEDIATELY

Call 911, or direct someone nearby to call and say that you are supporting a suspected overdose.

ADMINISTER NALOXONE

Even though the person is unresponsive, 1) Announce that you are going to give naloxone 2) Spray the naloxone in the person's nose.

ADMINISTER CPR

Tilt the individual's head back to make sure their airways are open.

Apply chest compressions.

GIVE NALOXONE AGAIN

Administer additional Naloxone if the person does not regain color or breathing, otherwise continue chest compressions, until help arrives.

REMAIN CALM & COMFORTING

If the person is revived, remain calm and compassionate and encourage them to accept help or stay in a public place.

The Triple Threat: Addiction, Anxiety & Trauma

Nicotine affects brain chemistry: mood, attention and learning

Linked to increased anxiety, irritability, and depression

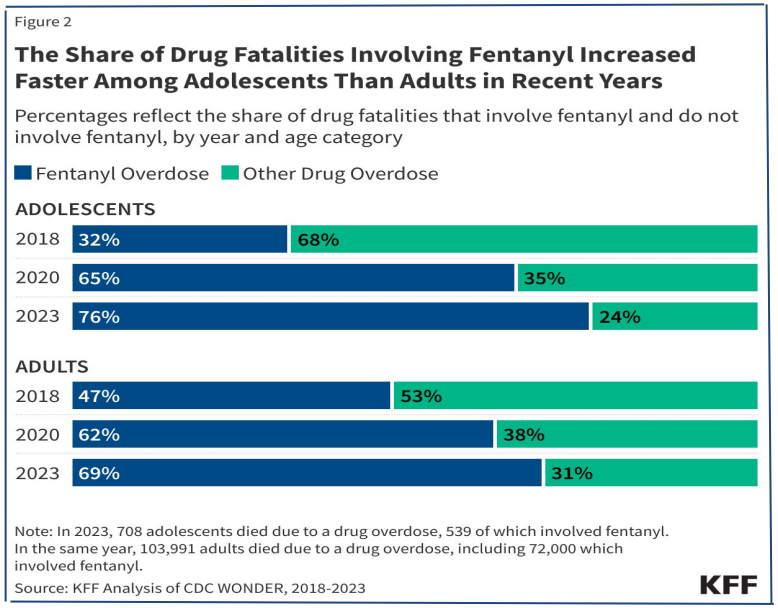
Addiction can intensify stress and reduce coping skills

Local & National Trends

Figure 2

The Share of Drug Fatalities Involving Fentanyl Increased Faster Among Adolescents Than Adults in Recent Years

Percentages reflect the share of drug fatalities that involve fentanyl and do not involve fentanyl, by year and age category



Note: In 2023, 708 adolescents died due to a drug overdose, 539 of which involved fentanyl. In the same year, 103,991 adults died due to a drug overdose, including 72,000 which involved fentanyl.

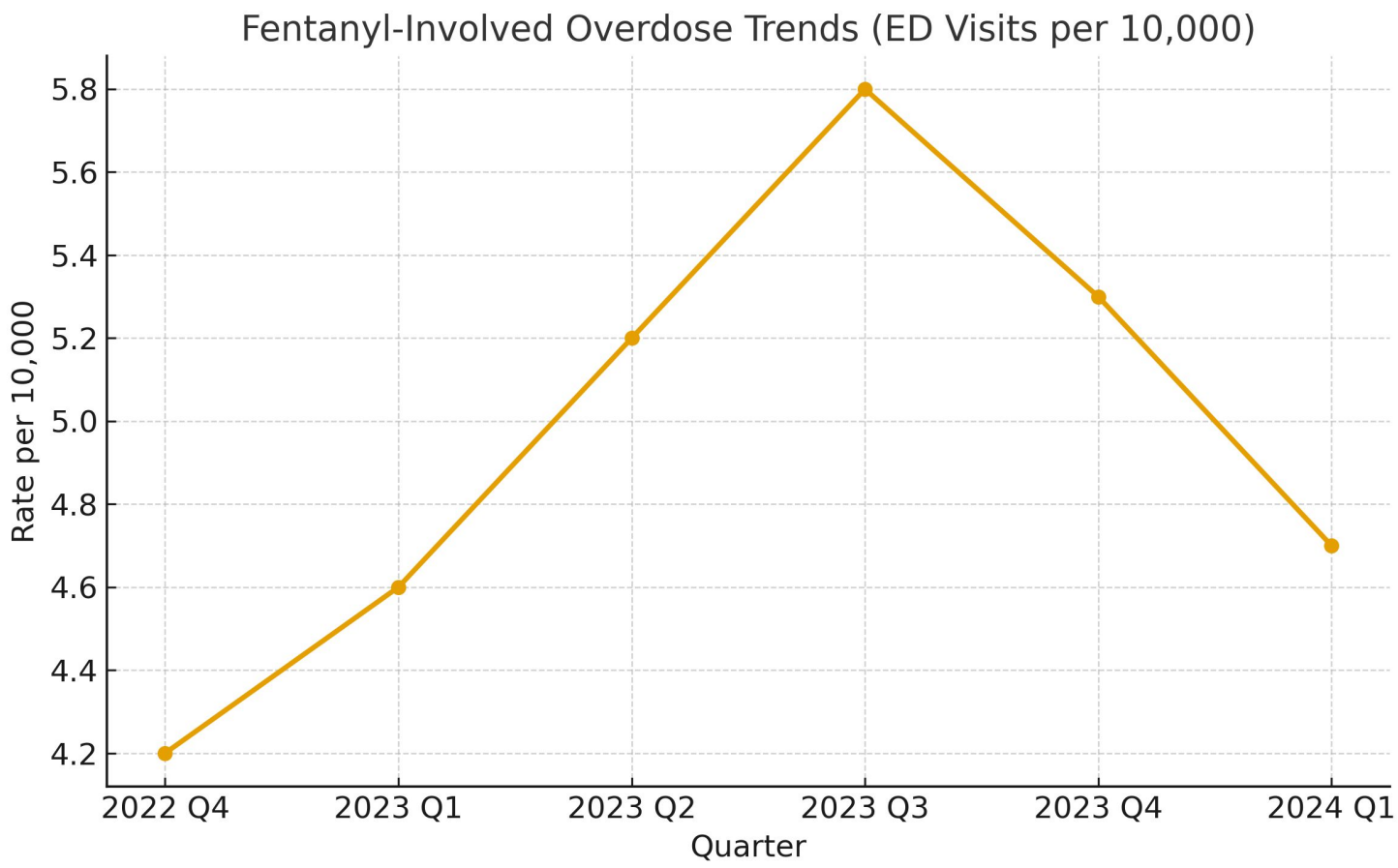
Source: KFF Analysis of CDC WONDER, 2018-2023

KFF

Teen vaping confiscations at school

Fentanyl responsible for most opioid deaths in youth

Youth Fentanyl Overdose Deaths (2015–2023)



How Parents Can Help:

Remain Educated on Substance use Trends	• Learn new “slang” and substances teens use • Follow trusted sources like DEA or NIDA (Drug Enforcement Agency National Institute on Drug Abuse) • Understand misuse of legal substances
Monitor Online Behavior	• Know which apps promote risky content • Use parental controls and stay involved • Be aware of secretive or sudden changes in behavior
Keep Communication Open	• Start honest talks early and often • Listen without judgment or lectures • Share values, but hear their struggles

How Parents Can Help:

Know the Warning Signs	• Notice shifts in mood, sleep patterns or friends • Look for physical signs or smells • Trust your instinct and dig deeper if needed
Build a Strong Home Base	• Set clear expectations and follow through • Promote positive outlets and hobbies • Be a calm, healthy role model

TOGETHER

Texans can fight the fentanyl crisis.

What You Should Know About Fentanyl

Fentanyl is a powerful synthetic opioid. Prescription fentanyl is safe when taken as prescribed by a doctor to treat severe pain. However, illicitly manufactured fentanyl is also distributed through illegal drug markets.

Illegally manufactured fentanyl is often added to other substances like counterfeit (fake) pills, heroin, cocaine, and methamphetamine. Even in small doses, fentanyl exposure can cause a fatal overdose. Naloxone is a medication that can reverse an overdose from opioids — including fentanyl. Naloxone is available at many pharmacies in Texas without a prescription.

According to the Centers for Disease Control and Prevention:

- Fentanyl is up to 50 times stronger than heroin and 100 times stronger than morphine.
- More than 150 people die every day in the U.S. from overdoses related to synthetic opioids like fentanyl.

Signs of overdose:

- Small, constricted "pinpoint pupils"
- Face is extremely pale and/or feels cold or clammy to the touch
- Body goes limp
- Fingernails or lips have a purple or blue color
- Vomiting or making gurgling noises
- Cannot be awakened or unable to speak
- Breathing or heartbeat slows or stops

How to save a life:

1. Call 911 right away
2. Try to wake the person up
3. Give naloxone, if available
4. Begin rescue breathing or CPR
5. Turn the person on their side to prevent choking
6. Stay with the person until emergency services arrive

TEXAS Health and Human Services

#OnePillKills

Resources:
hhs.texas.gov/anti-fentanyl
txopioidresponse.org/

23D0083

Resources for Parents

National Helpline:
1-800-662-HELP

Contact your child's School Counselor

Local Prevention
713-942-4100

Closing

- You are not alone
- Awareness saves lives
- Together we can safeguard our youth