



**ALLIANCE
OF COALITIONS**
for Healthy Communities



PREVENT Youth Vape Use

**Toolkit For
Parents & Caregivers**



ABOUT THE ALLIANCE & THIS TOOLKIT

The Alliance is a network of 21+ community prevention coalitions serving 55+ local communities. The Alliance is comprised of individuals and organizations who share our commitment to building healthy and drug-free communities. This toolkit is a resource to help educate on making healthy choices including how to take preventative measures and reduce risk factors for substance abuse.



Table Of Contents

- 4 What Is Vaping?
- 5 Harmful Effects
- 6 What You Can Do
- 7 Talking To Your Kids
- 8 Did You Know?
- 10 Resources

HOW RISK AND PROTECTIVE FACTORS CAN INFLUENCE A TEEN'S SUBSTANCE USE

WHAT ARE RISK FACTORS?

Risk factors are characteristics at the biological, psychological, family, community, or cultural level that precede and are associated with a higher likelihood of negative outcomes. Risk factors can include lack of adult supervision, mental health problems, abuse, divorce or traumatic events.

WHAT ARE PROTECTIVE FACTORS?

Protective factors are seen as positive events that counter risk factors. Protective factors lower the likelihood of those negative outcomes.

HOW TO BUILD PROTECTIVE FACTORS FOR YOUR CHILD

- Provide structure, rules, and clear expectations
- Create supportive relationships with all family members
- Set clear expectations for behavior and values
- Build self-esteem
- Practice positive coping skills and problem solving
- Support engagement and connections with others (peers, mentors, coaches and teachers)
- Build on resiliency or the ability to effectively manage life's challenges

As a parent, it is important to also take care of you. Seek support from other parents, take time for self-care and seek assistance from your community when needed.

UNDERSTANDING YOUTH VAPING

WHAT IS VAPING?

“Vaping” is a term used to describe the act of using an electronic nicotine delivery system (ENDS) to inhale vaporized aerosol products called e-juice or e-liquid.

ENDs, most commonly known as vapes, include a wide variety of products. These products can look like cigarettes, pens, markers, highlighters, USB flash drives, and clothing. Vapes are sold in vape shops, gas stations, convenience stores, and online in the form of e-cigarettes, e-hookah pens, mods, tank systems, vamps, and hooded sweatshirts.

HOW DOES IT WORK?

- A cartridge is filled with e-juice or e-liquid and placed into the battery operated device. Pressing the button on the device heats the e-liquid, forming aerosol. The aerosol is inhaled. Aerosol is a substance that is released as a tiny spray.
- Devices can be modified to vape marijuana in the form of wax, juice, or oil.
- Vapor can be odorless. This may make it difficult to detect use.



Source; <https://youth.gov/youth-topics/risk-and-protective-factors>

HARMFUL EFFECTS

WHAT WE KNOW SO FAR...

- Weakened immune system
- Damage to gums and mouth
- Respiratory problems, shortness of breath
- Second hand vapor exposure
- Increased risk of nicotine addiction (for youth)
- High blood pressure and irregular heart rate
- Headaches, dizziness
- Agitation, insomnia
- Increased risk for lung disease
- By-products when heated can include ethylene glycol (antifreeze); benzene (car exhaust); and heavy metals (i.e. tin and zinc), and cancer causing agents (also called carcinogens)



Source; <https://youth.gov/youth-topics/substance-abuse/warning-signs-adolescent-substance-abuse>

WHAT CAN YOU DO/PREVENTION

HAVE THE CONVERSATION

- ▶ Children begin experimenting with vaping as early as elementary school. It is important to start the conversation early and continue through the teen years. Communicate your values and messages clearly.

HAVE A CLEAR MESSAGE

- ▶ Make sure your teen knows your rules and expectations and that there are consequences for breaking them. Help them understand that not all youth are vaping and that those who do vape tend to have more problems with school, the law, their health and building healthy relationships. Let them know that vaping can cause long-term consequences for their health.

SET A GOOD EXAMPLE

- ▶ Be a role model for healthy habits. If you use tobacco or vape, it is never too late to quit. If your teen is vaping, quit together by checking out these resources: www.smokefree.gov, www.truthinitiative.org, and/or www.mi.mylifemyquit.org.

RECOGNIZE VAPE DEVICES AND PRODUCTS

- ▶ Research information about vaping! Know what vaping devices look like and understand how they work. This is an ever-changing industry – understand what is appealing and how vaping impacts youth.

GET HELP

- ▶ It can be easy to underestimate the seriousness of nicotine and cannabis use. Seek out a professional and ask for help. Reach out to a guidance counselor or call a nearby counseling center to access prevention education and intervention services or for an evaluation. Your child's future depends on it. Check out www.parentsagainstvaping.org for additional resources.

TALKING TO YOUR KIDS

Conversations can be a powerful tool parents can use to connect with and protect kids. When tackling a tough topic, such as vaping, figuring out what to say can be challenging. Here are some tips that may be helpful.

KNOW THE FACTS

Get information from credible sources.

BE PATIENT AND READY TO LISTEN

Listen without judgement and be ready for open dialogue.

SET A POSITIVE EXAMPLE BY BEING TOBACCO FREE

It's never too late to quit. Visit www.smokefree.gov.

START THE CONVERSATION

Find the right moment. Rather than saying, "We need to talk," find a natural opportunity. For example, after seeing someone vaping or seeing an e-cigarette advertisement.

HAVE YOUR CHILD MAKE A PLAN

Work with your child to make a plan and have them set their own goals. Check out www.teen.smokefree.gov for additional planning resources.

ASK FOR SUPPORT

Ask your healthcare provider or suggest your teen talk to another trusted adult.

Keep the conversation going.



Source: <https://www.talkitoutnc.org/starting-the-conversation/>

DID YOU KNOW?

E-cigarettes have been the most commonly used tobacco product among youth since 2014.¹ 2022 results from the national youth tobacco survey show that 2.55 million youth currently use e-cigarettes.

E-CIGARETTE USE IS NOT A SAFE ALTERNATIVE TO OTHER FORMS OF TOBACCO

- ▶ E-cigarette aerosol contains harmful substances such as nicotine, flavorings linked to serious lung diseases and cancer causing chemicals, and heavy metals like nickel, tin, and lead.²

IT'S AGAINST THE LAW

- ▶ The FDA regulates e-cigarettes as "tobacco products". Under the Federal Food, Drug, and Cosmetic Act Amendment, also known as "Tobacco 21", the minimum age to purchase tobacco products is 21.²

USE OF VAPE DEVICES FOR MARIJUANA

- ▶ Among youth who reported vaping, approximately 1 in 3 between ages 12-14 and 1 in 2 between ages 15-17 mentioned using cannabis in their vape products.³

VAPING MARIJUANA - INCREASED RISK

- ▶ THC levels found in marijuana concentrates/oil, which are used in vaping devices, are 2-4 times higher than plant use. "The higher the concentration of THC, the higher the likelihood of addiction and adverse medical consequences."⁴



POPULAR BRANDS

- Top selling e-cigarette brands include Vuse, JUUL, Elf Bar, NJOY, Breeze Smoke, SMOK, Hyde, Puff Bar, and blu.⁵

MARKETING TO YOUTH

- E-Cigarette companies attract youth to their products by using social media, releasing novelty and appealing flavors, and sponsoring events and scholarships. "43% of young people who ever tried e-cigarettes tried them because of appealing flavors". The FDA began taking action against marketing these flavors in May 2018.⁶

ACCESS

- Youth primarily access vapes from social sources (i.e. peers, older siblings, etc.) and commercial sources (gas stations, tobacco retailers, etc.).⁷

Sources

1 - (CDC, 2022)

2 - (Food and Drug Administration, fda.gov)

3 - (Journal of American Medical Association, 2022)

4 - (Dr. Nora Volkow, Director of the National Institute on Drug Abuse)

5 - (CDC, 2022 & 2023).

6 - (<https://truthinitiative.org/research-resources/tobacco-industry-marketing/4-marketing-tactics-e-cigarette-companies-use-target>)

7 - (Braak D, Michael Cummings K, Nahhas GJ, Reid JL, Hammond D. How are adolescents getting their vaping products? Findings from the international tobacco control (ITC) youth tobacco and vaping survey. *Addict Behav.* 2020 Jun;105:106345. doi: 10.1016/j.addbeh.2020.106345. Epub 2020 Feb 5. PMID: 32062339; PMCID: PMC7169418.)

RESOURCES

BECOME A SMOKEFREE TEEN

teens.smokefree.gov

COMMON GROUND

Resource & Crisis Helpline • (800) 231-1127

KNOW THE RISKS

e-cigarettes.surgeongeneral.gov/knowtherisks.html

MICHIGAN DEPARTMENT OF HEALTH AND HUMAN SERVICES TOBACCO PREVENTION

Michigan.gov/tobacco

MY LIFE, MY QUIT

mylifemyquit.com

OAKLAND COMMUNITY HEALTH NETWORK

(248) 858-1210 • oaklandchn.org

TALK SOONER: HELPING PARENTS PREVENT YOUTH SUBSTANCE ABUSE

talksooner.org/drugs/e-cigarettes

THE REAL COST, FDA

therealcost.betobaccofree.hhs.gov/homepage.html

TRUTH INITIATIVE

truthinitiative.org/quitecigarettes.gov



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