



A RESOURCE
FOR PARENTS



Vaping

You can help prevent youth vaping.

Impact and Accessibility

22.98% of Kansas youth report they have used e-cigarettes or vape pens. The most common vaping device is called JUUL. JUUL devices are hard to detect due to their resemblance to USB flash drives. Many are not aware that vape devices contain nicotine.



What is Vaping?

Vaping devices or e-cigarettes are devices that heat a liquid into a vapor that the user inhales. The liquid usually contains nicotine, flavoring, and other additives.



What's the Big Deal?

Nicotine exposure during adolescence and young adulthood can cause addiction and harm the developing brain. No matter how it's delivered, nicotine is **ADDICTIVE** and harmful for youth and young adults. Vaping also can lead to serious lung illness.



Most e-cigarettes contain high levels of nicotine, and the few that do not still contain harmful chemicals.

1 JUUL pod = 1 pack of cigarettes

VAPING DEVICES CONTAIN HARMFUL INGREDIENTS SUCH AS:

Formaldehyde
Ultra fine particles that are deposited into the lungs

Nicotine
Chemical flavorants that have been linked to serious lung disease

Chemicals that increase the risk of heart attack or stroke

Chemicals that lead to tooth decay & bad breath

Heavy metals like nickel, tin, & lead

Volatile compounds also found in car exhaust

Parents can prevent vaping by:

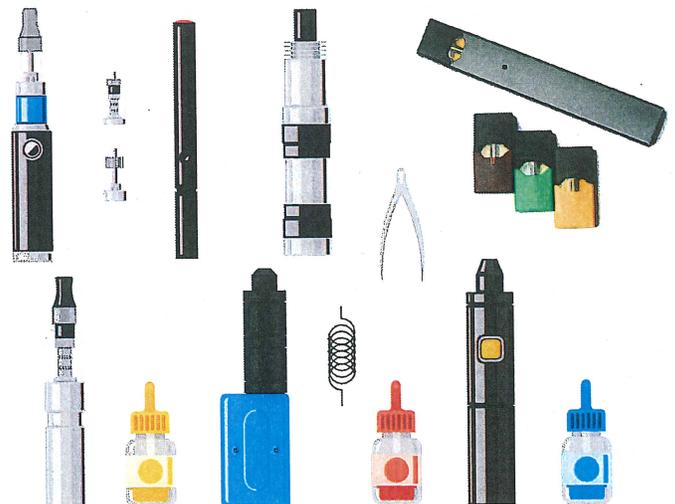
- ✓ Clearly defining the rules and expectations associated with vaping and enforce consequences.
- ✓ Keeping an eye out for vaping devices and confiscating them.
- ✓ Educating your child about the dangers and negative health consequences of vaping.
- ✓ Modeling responsible behaviors and promoting healthy activities.
- ✓ Preparing your child for peer pressure & discuss ways to say no.

Know the warning signs



- Increased thirst or desire for flavor
- Irritability, headaches, fatigue, trouble sleeping
- Nose bleeds
- Cutting back on caffeine, caffeine sensitivity
- Acne
- Finding unfamiliar devices or parts as shown below
- Change in academic, social, and recreational activities

What do vaping devices look like?



If you or your child vape, it's never too late to quit.

For free help visit smokefree.gov, Call 1-800-QUIT-NOW or Text Quit to 706-222-QUIT