



PARENT'S GUIDE TO VAPING

WHAT IS VAPING?

Vaping is inhaling and exhaling an aerosol or vapor made from a liquid or dry material that's heated in an electric device. The liquid can contain flavoring, nicotine, or marijuana concentrates.

DID YOU KNOW...

- In 2021, 1 out of every 35 middle school students (2.8%) and 1 out of every 9 high school students (11.3%) reported using e-cigarettes in the past 30 days. Flavorings in tobacco products can make them more appealing to youth (CDC, 2022).
- 5.6 million (or 1 out of every 13) of today's children will ultimately die prematurely from a smoking-related illness (CDC, 2022).

HEALTH EFFECTS

Tobacco is the leading cause of preventable diseases in the United States. It can lead to:

- Heart disease
- Heart attacks
- Respiratory problems
- Lung cancer
- Strokes
- Nicotine addiction
- Inhibited brain development
- Depression
- Substance use disorder
- Infertility

ELECTRONIC NICOTINE DELIVERY DEVICES

Vaping devices come in a variety of shapes and sizes. Many times they resemble everyday objects (like pens or USB flash drives) and can be difficult to recognize.

CIG-A-LIKES

These are similar in size and shape to a tobacco cigarette. The nicotine solution is sold in pre-filled cartridges.



VAPE PENS

These often look like an ink pen. They can have batteries or be rechargeable and they have liquid cartridges that can be filled with a nicotine or THC solution.



POD SYSTEMS

These can often look like a USB. They have a battery and a pod filled with a nicotine solution.



MODS & TANKS

These larger devices create more aerosol, which causes the user to quickly inhale greater amounts of nicotine.





TALK WITH YOUR TEEN

TIPS FOR NAVIGATING DIFFICULT CONVERSATIONS WITH YOUR TEENS



KNOW THE FACTS

Get credible information about vaping and young people so that you're well-informed going into these conversations.

KEEP THE CONVERSATION GOING

Encourage open dialogue with your teen. Yelling, judging, lecturing, or criticizing often causes youth to shut down. Avoid these tendencies, and remember that the goal is to have ongoing conversations. Be patient, stay curious, and spend more time listening.

FIND THE RIGHT MOMENT

Conversations about vaping are more effective when they are natural rather than forced. Be intentional about finding small teachable moments in everyday life. Ask yourself when and where you will have these conversations. Finding the right moment ensures that you and your child have the time, energy, and focus to be fully engaged.

AIM FOR QUICK TOUCHPOINTS

Short conversations that happen often tend to be more valuable than infrequent and long sit-downs. In these long conversations, there can be a lot of pressure on teens, which may cause them to be defensive or withdrawn. Quick talks are more accessible and engaging.

USE YOUR RESOURCES

Release yourself from the pressure of having all the answers. Lean on the resources around you and ask for support. Identify trusted adults (such as a doctor, school counselor, teacher, faith leader, or coach) who are aware of the risks of vaping, and ask them to talk to your teen about it. These supportive adults can help reinforce your message as a parent.

ADDITIONAL RESOURCES

Sacramento County
Coalition for Youth
[SacramentoCCY.org](https://www.sacramento.org/coalition-for-youth)

Campaign for Tobacco
Free Kids
[TobaccoFreeKids.org](https://www.tobaccofreekids.org)

Flavors Hook Kids
[FlavorsHookKids.org](https://www.flavorshookkids.org)

Parents Against Vaping
[ParentsAgainstVaping.org](https://www.parentsagainstvaping.org)

Take Down Tobacco
[TakingDownTobacco.org](https://www.takingdowntobacco.org)

Center for Disease
Control and Prevention
[CDC.gov/Tobacco](https://www.cdc.gov/tobacco)