

VAPING

A GUIDE FOR PARENTS

Vaping, or electronic cigarette, is a battery-operated device that heats a liquid to an aerosol for users to inhale.

- Nicknames: e-cigs, Juul's, vape pens, dab pens, mods, tanks, juice/e-juice, e-hooka, drip.
- Most teens believe e-cigarettes only contain flavor. However, e-cigarettes can contain nicotine (a highly addictive drug), CBD, or cannabis.
- Teens are using stealth e-cigarette products that can be hidden in and look like backpacks, sweatshirts, smartwatches, pens, fidget spinners, keychain lights, fake AirPods, or gaming devices.
- Teen brains are still developing. Vaping may negatively affect a teen's attention, learning, and memory by promoting addiction to nicotine. They may also experience coughing, wheezing, vomiting, headaches, and dizziness.
- Some children and toddlers who come in contact with e-cigarette devices or liquid nicotine have become very ill; some even require emergency department visits with nausea and vomiting being the most significant symptoms.
- The liquid in a vaping cartridge can be fatal if swallowed.
- The emitted vapors may consist of nicotine, heavy metals, volatile organic compounds, cancer-causing agents, and, in certain scenarios, flavors associated with lung disease.

WHAT YOU CAN DO:

1. Start the conversation with your child about vaping now, even at a young age.
2. Encourage them to ask questions, it's OK to not have all the answers.
3. Discuss the dangers while empathizing with the pressures they may feel.
4. Point out that while heavily portrayed as popular in movies and social media, many teens choose not to vape.
5. Lead by example and be tobacco and vape-free.



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