



Vaping...

what you need to know...

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Parent, aunt, friend, mentor, spouse, sibling, etc...

Which of these things are vaping devices?



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Know what an e-cigarette looks like, they come in a variety of shapes and sizes, and may resemble other common household objects.



Kansas Data

- Kansas Youth Risk Behavior Survey (YRBS)
 - 1 in 3 high school students have ever tried e-cigarettes
 - More than 1 in 10 currently use e-cigarettes
- Why use e-cigarettes?
 - 38.2%- a friend or family member uses them
 - 18.6%- e-cigarettes are available in a variety of different flavors
 - 12.6%- said that they think they are less harmful than other forms of tobacco

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- According to the Kansas Youth Risk Behavior Survey
 - about one in three high school students have ever tried e-cigarettes,
 - and more than one in ten currently use e-cigarettes.
- When Kansas high school students who are current or ever users of e-cigarettes are asked what is the main reason they use e-cigarettes
 - 38.2 percent said they use because a friend or family member uses them
 - 18.6 percent said because e-cigarettes are available in a variety of different flavors (such as mint, candy, fruit, or chocolate)
 - and 12.6 percent said that they think they are less harmful than other forms of tobacco



What Can Parents Do?

Start the Conversation

- Talk with your child
- Use open, non-judgmental language
- Can begin by asking whether they've seen e-cigarettes at school, or being used by friends
- Know their language-see next slide



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Teen Slang for E-cigs

- Vape
- JUUL
- JUULING
- Mods
- Juice
- Cloud Chasers
- Dripping
 - Tank
 - Cloud
- Drip-Tip
- Wick
- Box Mod
- Cartomizer
- Atomizer
- Atty
- Blend
- Noob
- Hit

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Know the language

Be aware of the language that teens in your community use

E-cigs may be called vape pens, JUUL, mods, etc.

It is important to become educated on e-cigarettes to help with prevention. Another factor that makes vaping so easy to conceal is the lingo teens use. If someone is unfamiliar with the products they may not even realize teens are talking about e-cigs right in front of them.

Here is a list of the most common slang for e-cigs that teens use.



What Can Parents Do?

Share Information

Many teens are unaware that e-cigarettes contain nicotine, and are addictive.

Talk about the risk of addiction:

- Frame addiction as a loss of independence
- Focus on expense of vaping, risk of progressing to smoking



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Know what an e-cigarette looks like

Remember that they come in a variety of shapes and sizes, and may resemble other common household objects



What Can Parents Do?

Be a Support for Your Teen



If your child already uses tobacco:

- Give them reasons to quit
- Discuss expense, impact on their athletic performance, short-term health effects like premature skin wrinkling, yellow teeth, etc.
- Help them quit successfully
- Provide social support
- Get rid of all cigarettes in the household
- Come up with alternative activities to do if the teen is craving a cigarette (e.g., going for a walk, chewing gum)

If other family members use tobacco, consider quitting together!

Get outside help:

- Your pediatrician
- Kansas Quitline
- www.teen.smokefree.gov



Prevention

Reframe your approach

- Avoid lecturing or educating them
- Ask open ended questions
- Have them teach you

Change the perception of e-cigarettes

- Act as social lubricant
- Appeal
- No perceived risk
- Reduce social acceptability

Resonates

- Chemicals and metals that are inhaled
 - **Ingestion ≠ Inhalation**
- Health effects evidence
- Cost free/Risk free activity

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- Tobacco use is a pediatric disease
- Prevention is key at youth level to prevent individuals from starting and developing an addiction early on. (John O'Donnell, MA- SYNAR)
- Use an approach that you want them to educate you
 - Don't use a lecturing tone or focus on the health risks
 - Focus on risks that affect appearance
 - Instead try to ask open ended questions
 - What is your experience with that?
 - What are the flavors like?
 - Get an idea of what they know (or think they know)
- Change the perception of e-cigs
 - Students see e-cigs as conversation starters= social lubricant
 - Marketing efforts are strong and we must combat that appeal through education
 - Students don't perceive a risk, but as we know there are risk associated with vaping
 - Products are still fairly new and more research needs to be done, but we know vaping is not harmless
 - We need to reduce the social acceptability of vaping
 - By ignoring signs or not educating students we are giving them an

- idea that vaping isn't that bad
- Students may have doubts but are afraid to ask questions and instead give in to peer pressure
- Based on studies by the Real Cost Campaign (FDA) what they found resonates with teens is
 - Information about chemicals and metals inhaled
 - Remember the FDA regulates flavors for ingestion but not inhalation
 - Students want evidence of health effects
 - Educate them about the real cost
 - Brain development
 - Addiction



Prevention Resources

- Videos
 - Escape the vape <https://escapethevape.org/>
 - Real Cost Campaign
 - Epidemic spreading <https://www.youtube.com/watch?v=zYuyS1Oq8gY>
 - Brain trolled <https://www.youtube.com/watch?v=tdWwsGdT4gw&list=PLgf1d4CujVYa12CfACoaK8UWrtdtkfbVu>
- Posters/Banners
 - Real Cost Banners <https://www.fda.gov/TobaccoProducts/PublicHealthEducation/PublicEducationCampaigns/TheRealCostCampaign/ucm20041242.htm>
 - <https://digitalmedia.hhs.gov/tobacco>
- Infographics
 - https://digitalmedia.hhs.gov/tobacco/print_materials/CTP-119
 - <https://www.fda.gov/TobaccoProducts/PublicHealthEducation/ProtectingKidsfromTobacco/ucm405173.htm>
 - https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm
 - <https://e-cigarettes.surgeongeneral.gov>