

A GUIDE ABOUT VAPING

A VAPING BREAKDOWN

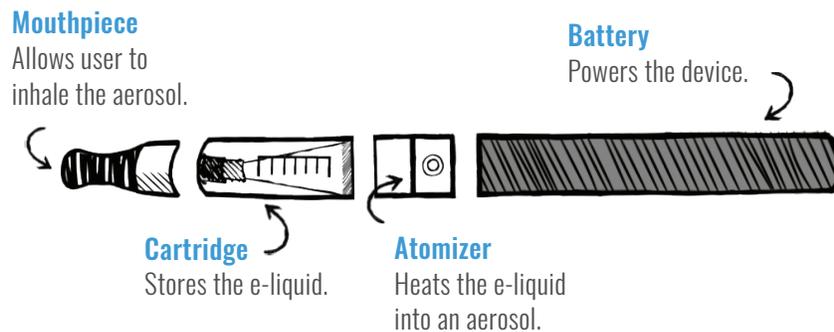
BEFORE THE TALK

- Be patient and ready to listen
- Avoid criticism and encourage an open dialogue
- Remember your goal is to have a conversation, not to deliver a lecture

START THE CONVERSATION

What's an e-cigarette?

Electronic cigarettes are battery operated devices that people use to simulate smoking. E-cigarettes come in various shapes and sizes and are customizable. An e-cigarette contains four major components: the battery, the atomizer, the tank (also known as a cartridge/pod) and the mouthpiece.



What's in an e-cigarette?

E-cigarettes contain harmful and potentially harmful chemicals, including:

- Nicotine
- Flavorings, such as: Diacetyl, a chemical linked to a serious lung disease
- Heavy metals, such as: Nickel, Tin, and Lead

Scientists are still working to understand the health effects and harmful doses of e-cigarette contents.

What's the big deal about Nicotine?

- Nicotine is a substance found in most tobacco products.
- Nicotine is addictive, can harm brain development and can be poisonous. Young people can become addicted to nicotine after just 2 or 3 uses.
- Using nicotine at young ages may make it harder to concentrate, learn, or control impulses.
- Nicotine can change the young brain, making it more easily addicted to other drugs like meth and cocaine.

What are the risks?

Brain Risks

The part of the brain that's responsible for decision making and impulse control is not fully developed until the late 20's. Youth and young adults are uniquely at risk for long-term, long-lasting effects of exposing their developing brains to nicotine. These risks include:

- Nicotine addiction
- Mood disorders
- Permanent lowering of impulse control
- Nicotine also changes the way synapses are formed, which can harm the parts of the brain that control attention and learning.

Addiction

Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Because addiction is a form of learning, adolescents **can get addicted more easily than adults**. The nicotine in e-cigarettes and other tobacco products can also **prime the adolescent brain for addiction to other drugs such as cocaine**.

Consequences of Use

Consequences can limit a young person's future opportunities. Know the consequences of your actions.

- School suspensions/consequences
- Drug testing
- Court involvement
- Financial penalties/court fines
- Drug education classes
- Probation supervision
- Community work service
- Restricted driving privileges
- House arrest

*Note: Vaping marijuana oil/wax can lead to a gross misdemeanor or felony level charge.

Are e-cigarettes safer than conventional cigarettes?

Studies show that youth who use e-cigarettes are more likely to try conventional cigarettes in the future than youth who do not use e-cigarettes. There are no long-term studies to back up claims that the vapor from e-cigarettes is less harmful than conventional smoke.

Additional Resources

- Campaign for Tobacco-Free Kids – tobaccofreekids.org
- ClearWay Minnesota – missingitmn.org
- Sherburne County SUP Coalition – sherburnesupcoalition.org
- U.S. Surgeon General: Know the Risks – e-cigarettes.surgeongeneral.gov