

# VAPING

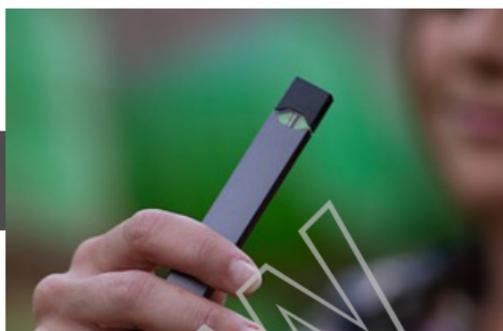
## WHAT PARENTS NEED TO KNOW

“Vaping,” or the use of electronic cigarettes, has become very popular with young people. In fact, one-third of high school seniors report having tried a vape at some point.

### WHAT IS A “VAPE?”

A “vape” is a term often used to describe a nicotine vaporizer. A vape can be small, discreet, and odor-free. Vapes often resemble USB flash drives or pens, and popular brands, such as Juul (pronounced “Jewel”), are available online and at most convenience stores.

Nicotine is delivered through replaceable pods or tanks of liquid nicotine. The liquid nicotine is often flavored and smells fruity or sweet when exhaled. One pod can have as much nicotine as 20 cigarettes. A vape can also be used for marijuana.



### WHY ARE THEY POPULAR?

- ▶ Many young people don't know that vapes contain nicotine—or they think vaping is a safer alternative to smoking cigarettes.
- ▶ Vapes come in a variety of flavors, like cherry, cotton candy, watermelon, butterscotch and many more. The variety of flavors is especially appealing to young people.
- ▶ Vapes are a more discreet way to consume nicotine or marijuana. They are small and can easily fit in a pocket or purse. They also do not leave a smoky smell in the air or on clothes.



## THE RISKS OF VAPING

- ▶ Electronic cigarettes are just as addictive as tobacco cigarettes. Studies have also shown that teens who vape are four times more likely to start smoking tobacco cigarettes.
- ▶ Nicotine use during adolescence (regardless of the method) has been shown to impact brain development.
- ▶ While the long term health effects of vaping are still unknown, there is increasing evidence that vaping is harmful to one's health and lungs.
- ▶ Vaping is a costly nicotine addiction. Starter kits can cost up to \$50, and refill cartridges are around \$16.

## WARNING SIGNS

- ▶ **Unexplained smells.** While they don't have a traditional smoke smell, many vapes do have a sweet or fruity smell. Marijuana vapes sometimes have a soapy or burnt smell.
- ▶ **Withdrawal symptoms.** Nicotine withdrawal can lead to extreme irritability, headaches, and trouble sleeping.
- ▶ **Talking or texting about it.** Terminology pertaining to vaping includes: "juice" or "pod" (nicotine liquid or cartridge); "Juil" (popular vape brand); and "pen" (popular term for vape).

**If you suspect your child is vaping, talk about the dangers, and be firm in your stance.**

# ALCOHOL

## WHAT PARENTS NEED TO KNOW

Simply put, underaged drinking is a dangerous practice that has many risks. Go over the facts and risks with your teen and talk about how he/she can “say no.”

### THE FACTS

- ▶ Every year there are over 100,000 alcohol-related emergency room visits by people aged 12-21.
- ▶ Drunk driving kills 10,000 people each year.
- ▶ Underaged drinking is illegal, and young people who drink often face legal consequences (e.g., arrest, fines). If found drinking and driving, the consequences can be very serious.



### THE RISKS

Underaged drinking is associated with higher risks of:

- ▶ Physical and sexual assault
- ▶ Memory issues
- ▶ School absences and lower grades
- ▶ Disruption of normal physical growth
- ▶ Disruption of brain development
- ▶ Long term health risks, including high blood pressure, stroke, liver and heart disease

### BINGE DRINKING

This is when an individual consumes four or more drinks in about two hours. 90% of underaged drinkers engage in binge drinking. *Binge drinking makes the risks of consuming alcohol even more dangerous. Talk to your teen about the dangers of binge drinking.*

# REASONS TO DRINK: DEBUNKED

Your teen might hold the following beliefs on why drinking is no big deal. Here's how you can address them.

## IT'S HARMLESS

While drinking may seem harmless, the more one drinks, the riskier it becomes. Whether it's a car accident, alcohol poisoning, or assault, the dangers of drinking are real.

## EVERYONE IS DOING IT

30% of young people admit to underaged drinking. While this is still a lot, the majority of young people do not drink.

## IT'S FUN

Because young people are more likely to binge drink, they are also more likely to experience the common (and unpleasant) side effects of drinking, such as vomiting and hangovers. These are *not* fun.

## REFUSAL SKILLS

Here is some advice to pass along to your teen to help him/her say no to drinking.

### GIVE AN EXCUSE

*"I don't like the way it makes me feel" or "My parents will know and ground me forever."*

### BE FIRM

Give a simple, *"No thanks."* If others continue to pressure you, repeat yourself, or leave.

### STICK TO YOUR DECISION

Remember, you always have a choice. Decide that you're not going to drink, and stick to your decision.

### AVOID IT

If you think you'll have a hard time saying no, or think you'll feel pressured, avoid places where you know there will be drinking.

# TOBACCO

## WHAT PARENTS NEED TO KNOW

Even though tobacco use among young people is down, more than 600,000 middle school students and 3,000,000 high school students still smoke.

### THE FACTS



- ▶ Tobacco products contain nicotine, a highly addictive substance. Because nicotine addiction happens faster in young people, occasional smoking can quickly turn into a full-blown habit.
- ▶ 1,200 people die from smoking every day. For every one of those deaths, at least two young people start smoking.
- ▶ 90% of smokers start smoking before they're 18.
- ▶ By age 26, almost all occasional smokers become daily smokers.

### THE RISKS

- ▶ Smoking reduces lung function and growth. Damage from smoking while you're young is permanent, often resulting in lungs that will never reach full growth capacity.
- ▶ Smoking causes irreparable cardiovascular damage. One-third of young smokers will die prematurely from this damage.
- ▶ Smokers are 2-4 times more likely to die from a stroke, and 25 times more likely to die from cancer.
- ▶ Smokeless tobacco can cause oral, throat, and pancreatic cancer, heart disease, and tooth loss.

## HELPING YOUR CHILD SAY NO

Because nicotine addiction can happen fast, especially in young people, stopping smoking before it starts is important. Here is some advice you can offer your child to help him/her say no to smoking.

- ▶ **Give an excuse.** *"My parents will smell it and I'll be grounded forever" or "It makes me feel sick."*
- ▶ **Be firm.** Give a simple, *"No thanks."* If others keep pressuring you, repeat yourself, or leave.
- ▶ **Stick to your decision.** Remember, you always have a choice. Decide that you're not going to smoke, and stick to your decision.

85% of smokers regret ever starting. Make sure your child knows that he/she will regret it too.

## QUITTING

If you or your teen already smoke, it's very important that you work toward quitting. Here are some tips.

- ▶ **Get motivated.** Quitting won't work unless you want it to. Make a list of all the reasons you want to stop, and review this list often.
- ▶ **Explore methods and tools.** Some people find more success with nicotine replacement therapy (e.g., gum, patches, etc.) or prescription medication. *Your child will need your support, and possibly a doctor, for these methods.*

*Quitting nicotine is one of the hardest things to do—but one of the best things you can do for your health.*

Vaping (or using electronic cigarettes) is not a smart substitute to smoking. While the long-term health risks are still unknown, there is mounting evidence that vaping is harmful to one's health and lungs. Vaping is just as addictive as smoking, and there is evidence that vaping makes you more likely to smoke traditional cigarettes. *Using nicotine in any form is a bad idea.*

# MARIJUANA

## WHAT PARENTS NEED TO KNOW

Marijuana is the most commonly used drug among young people. A quarter of teens report using marijuana.

### EFFECTS



Many young people use marijuana because they believe it's harmless. Make sure your teen is aware of the following short and long-term effects of marijuana.

- ▶ Short-term effects: impaired body movement, increased heart rate, difficulty thinking and concentrating, delusions, hallucinations, and paranoia
- ▶ Long-term effects: impaired memory, thinking, and learning; decreased verbal ability; and irritated lungs leading to breathing problems and an increased risk of lung infections

### NEW DANGERS

Be aware of the following new, and dangerous, trends involving marijuana use.

- ▶ **Synthetic marijuana** ("spice" or "fake weed") can cause severe side effects, such as psychosis, violent behavior, vomiting, and more. Synthetic marijuana can be purchased at convenience stores and more, making it very easy to get.
- ▶ **Marijuana vapes** (electronic cigarettes) are popular among young people. They do not emit a strong smell, but sometimes can have a faint burning or soapy smell. "Bootleg" marijuana vapes have been linked to several deaths.

# REASONS TO USE MARIJUANA: DEBUNKED

Your teen might hold the following beliefs about why marijuana is no big deal. Here's how you can address them.

## IT'S HARMLESS

While marijuana may seem harmless, the more one uses it, the riskier it becomes. Whether it's lower grades in school, feelings of paranoia, a car accident, or addiction, the dangers of marijuana are real.

## EVERYONE IS DOING IT

23% of young people admit to using marijuana. While this is still a lot, the majority of young people do not use marijuana.

## IT'S FUN

Along with getting high comes being out of control of your body, thoughts, and actions. Feelings of paranoia and fear often accompany marijuana use as well. These things are *not* fun.

## REFUSAL SKILLS

Here is some advice to pass along to your teen to help him/her say no to marijuana.

### GIVE AN EXCUSE

*"I don't like the way it makes me feel" or "My parents will know and ground me forever."*

### BE FIRM

Give a simple, *"No thanks."* If others continue to pressure you, repeat yourself, or leave.

### STICK TO YOUR DECISION

Remember, you always have a choice. Decide that you're not going to do it, and stick to your decision.

### AVOID IT

If you think you'll have a hard time saying no, or think you'll feel pressured, avoid places where you know there will be marijuana use.

# DRUG MISUSE

## WHAT PARENTS NEED TO KNOW

Many young people are using medications and substances for reasons other than their intended use. The following are some of the items most commonly misused.



### PRESCRIPTION PAINKILLERS

Using prescription painkillers like Vicodin and Oxycontin can quickly turn into a dangerous opioid addiction. *More than 130 people die from an opioid addiction every day.*

### ADDERALL

Adderall is an amphetamine prescribed to treat Attention-Deficit/Hyperactivity Disorder (ADHD). Using Adderall when you don't need it can result in loss of appetite, memory loss, aggression, anxiety, confusion, and depression.

### COLD MEDICINE

Taking cold medicine to get high can cause memory loss and dissociation (feeling detached from reality). Most importantly, taking a dose large enough to feel high borders on overdose levels, which can lead to death.

### INHALANTS

Breathing in fumes from chemicals such as paint, markers, glue, aerosols, or cleaners ("huffing") can cause vomiting and slurred speech, as well as long term brain, liver, and kidney damage.

***Many of these substances can be found around the house. Be sure to keep track of these items.***

## WARNING SIGNS

Here are some warning signs of drug use in teens:

- ▶ Drop in grades
- ▶ Change in friends
- ▶ Changes in behavior, including being more secretive
- ▶ Getting in trouble at school
- ▶ Change in eating and sleeping patterns
- ▶ Talking about alcohol or drugs
- ▶ Lack of interest in other activities
- ▶ Physical evidence, such as empty aerosol cans or prescription pill bottles.

## REFUSAL SKILLS

Many young people misuse drugs because someone offers it to them and they aren't sure how to say no. Here are some tips you can pass on to your teen about saying no.

### **GIVE AN EXCUSE**

*"I don't like the way it makes me feel" or "My parents will find out and ground me forever."*

### **BE FIRM**

Give a simple, *"No thanks."* If others continue to pressure you, repeat yourself, or leave.

### **STICK TO YOUR DECISION**

Remember, you always have a choice. Decide that you're not going to do it, and stick to your decision.

### **AVOID IT**

If you think you'll have a hard time saying no, or think you'll feel pressured, avoid places where you know others will be using drugs, drinking, huffing, or participating in other risky behaviors. Remember, there are plenty of others who have also made the decision not to be involved in these activities.