

SUBSTANCE USE RECOVERY

Dangers of Vaping in Youth

Vaping devices are essentially electronic cigarettes. These devices are battery-powered and almost always contain a nicotine liquid that is inhaled as vapor. There are myths that vapes are safer than traditional cigarettes and other tobacco products, but this is false. There are no tobacco products that are safe. Children and teens are at a higher risk for addiction, specifically to nicotine.

Is it really that common?

- According to the CDC, 2.1 million high school students currently use e-cigarettes. (1)
- For students who have used an e-cigarette, 46.7% reported current and repeated use. (1)

Dangers of Vaping

- Short-term side effects of vaping include coughing, shortness of breath, headaches, dry mouth, and nausea.
- Chemicals in vapes have been linked to lung cancer, COPD, heart disease, and asthma.
- Vaping can also damage other organs, including your brain development. Human brains continue to develop until age 25.
- Nicotine addiction symptoms include cravings, feelings of sadness/anxiety, withdrawal, difficulty sleeping, needing larger amounts to satisfy needs, and more.

Tips for Talking to Youth

- Listen and ask thoughtful questions for understanding. Yelling and judging can end the conversation quickly.
- There are better times and locations to have conversations like this with your child. Try to choose low-pressure situations in which the child is receptive.
- Put yourself in the child's shoes. We were all kids once, and it can be hard to navigate issues at a young age.
- Focus the blame on tobacco companies that target children with advertising. Your child has discretion, but it is important to

acknowledge that the market wants to turn them into lifetime customers.

How to avoid Vaping/Quit

- Encourage your child to avoid spending time with people who use vapes. Peer pressure can be very strong, and surrounding yourself with a supportive, non-vaping environment can play a huge role.
- Work with them to practice saying no. Resisting peer pressure can be easier when you have practiced and prepared your response to others.

Turn to your medical provider for help quitting. There are products and medications that may make it easier.

There are hotlines to help quit.

- CDC: 1-800-QUIT-NOW
- SAMHSA: 1-800-662-HELP

If you or your child needs more help

Turn to your support system, whether that be another parent, friend, teacher, coach, counselor, etc., and encourage your child to do the same. Whoever you trust, be open with them and ask for help.

GHS is here to help. For questions about services, call us at 810-257-3705.

For mental health emergencies, call us at 810-257-3740, 24 hours a day. TTY users call 810-232-6310.

(1) Centers for Disease Control and Prevention. (n.d.). E-cigarette use among youth. Centers for Disease Control and Prevention. <https://www.cdc.gov/tobacco/e-cigarettes/youth.html>