

# The Power of Parents

*“A child who gets through age 21 without smoking, using illegal drugs or abusing alcohol is virtually certain never to do so.”*

Source: (CASA) <http://www.casacolumbia.org/>

## Teens & Vaping

### What is Vaping?

- “E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air.”<sup>1</sup>
- Vaping is sometimes referred to as “JUULing”
- Some e-cigarettes are disguised as USB drives or pens.

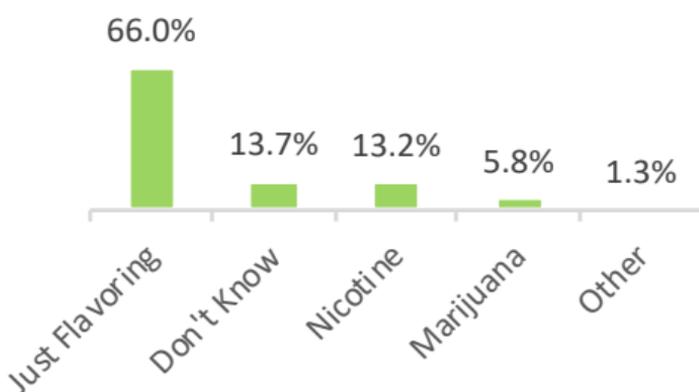
### Prevalence of E-Cigarette Use:

- In 2018, 37% of 12th graders admitted to “vaping” within the last year; an increase from 27.8% in 2017.<sup>2</sup>
- 13.1% of 12th graders reported vaping marijuana within the past year; an increase from the 9.5 percent in 2017.<sup>3</sup>
- 30% of teens who use e-cigarettes start smoking traditional cigarettes within 6 months.<sup>4</sup>

### What is in E-Cigarettes:

- Manufacturers don’t have to disclose the ingredients, so users don’t know what they are inhaling.
- It is not harmless water vapor. E-Cigarettes can contain:
  - Nicotine, which can harm brain development
  - Ultrafine particles are inhaled deep into lungs
  - Flavoring such as diacetyl, a chemical linked to a serious lung disease
  - Volatile organic compounds
  - Cancer-causing chemicals
  - Heavy metals such as nickel, tin, and lead<sup>5</sup>

### What Teens Think is in Their E-Cigarettes<sup>6</sup>:



## JUUL

- JUUL is a brand of e-cigarette that is popular among teens. They look like USB drives.
- "According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes."<sup>7</sup>
- The high levels of nicotine make JUUL highly addictive.
- MarkTen Elite, a nicotine delivery device, and the PAX Era, a marijuana delivery device both look like JUUL.



## What Can You Do as a Parent?

- Educate yourself about e-cigarettes and all of the sizes and shapes they come in.
- Talk to your children about the risks of vaping. Let them know it is not a safe alternative.
- Join your local prevention council - Greenwich Together

## Signs Your Teen is Vaping

- Look out for vaping devices in your child's room.
- Keep an eye out for packages arriving at your home; the devices can be ordered online.
- Take note of subtle smells that can be associated with flavors, such as bubble gum or chocolate.
- Increased thirst and nose bleeds from chemicals in the e-juices and pods.
- Check your child's social media accounts for pictures of them or their friends vaping.
- Watch out for bloodshot eyes, change in appearance and also change in friends.

## Greenwich Together

We mobilize youth, parents and community partners to prevent substance misuse, promote behavioral and mental health and strengthen healthy choices through positive youth, family, and community development.

Contact: [GreenwichTogether@kidsincrisis.org](mailto:GreenwichTogether@kidsincrisis.org)

[www.GreenwichTogether.org](http://www.GreenwichTogether.org)

Sources:

1. CDC 2,3. DEA Get Smart About Drugs 4. NIDA 5. US Department of Health and Human Services 6. NIDA 7. CDC

This piece was developed in a collaboration between  
Communities 4 Action ([communities4action.org](http://communities4action.org))  
and Daydream Communications, LLC