

Facts for Families

The Children's Home

Dangers of Teens & Vaping

What is Vaping?

Vaping is the term commonly associated with using electronic or “e-cigarettes.” Other names include “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes, and “tank systems.”

“Vaping is a leading cause of concern among educators and health professionals,” said Debbie Gingrich, vice president of behavioral health at Best Point Behavioral Health by The Children's Home.

“Holistically, illegal drug use among the nation's youth is declining; but, there is a misconception among that same population that vaping is harmless. The ‘it's only vaping’ mindset is a false narrative and the health implications are very real and very dangerous.”

Some e-cigarettes are made to look like regular cigarettes or pipes. Others look like common, every day items like pens or USB sticks.

How do they work?

The goal of any vaping device is to deliver a drug, usually nicotine, to a user by heating a liquid to produce an aerosol that is inhaled.

What's in vaping aerosol?

Vaping aerosol contains chemicals that contain things a reasonable person would not want to ingest into their lungs including diacetyl, a chemical that has been linked to lung disease, cancer-causing chemicals, and various heavy metals like nickel, tin and lead.

Vaping & Teens

E-cigarettes, as well as regular cigarettes, are highly addictive and can hinder brain development, which continues until about age 25.

The Centers for Disease Control and Prevention have investigated cases of severe lung injury and death associated with these products to the point where the illness now has its own name: e-cigarette or vaping product use associated lung injury (EVALI).

As of December 2019, nearly 2,300 cases of EVALI, and 48 deaths, have been linked to vaping products.



Protecting Your Child from Vaping

1. Lead with the facts. Many teens will say e-cigarettes are less harmful, or completely harmless, when compared to cigarettes. The medical community has said e-cigarettes may have fewer toxins overall; but, still contain harmful chemicals, metals, and carcinogens. They increase the risk of heart and respiratory conditions as well as EVALI.

2. Stay current. Be aware of current trends in vaping among teens. Some vaping products can be disguised as pens and flash drives and are so discreet, they've been used in classrooms.

3. Keep the dialogue going. Have a two-way conversation about facts and hard data with your teen and avoid lecturing or scare tactics. Be direct about your concerns and discuss the matter as often as necessary.

4. Be your child's best, and most important, teacher. You'll have more credibility if you're tobacco-free yourself.



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Resources:

CDC. *Outbreak of Lung Injury Associated with the Use of E-Cigarette, or Vaping, Products.* December 6, 2019.

Foley, K. How to Talk to Your Teen About Vaping. *Child Development Institute.* January 21, 2019.

Continue reading at <https://childdevelopmentinfo.com/child-health-news/how-to-talk-with-your-teen-about-vaping/#gs.llaszd> |

Miller, K. What Is EVALI? Symptoms of Vaping-Related Lung Illness May Feel Like the Flu. *Prevention.* October 16, 2019.

Ohio Department of Health. *Tobacco Use Prevention and Cessation.* November 21, 2019.