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# Vaping Awareness

Information for Parents

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# What is vaping?

Vaping is the inhaling of a vapor created by an electronic cigarette (**e-cigarette**) or other vaping device.

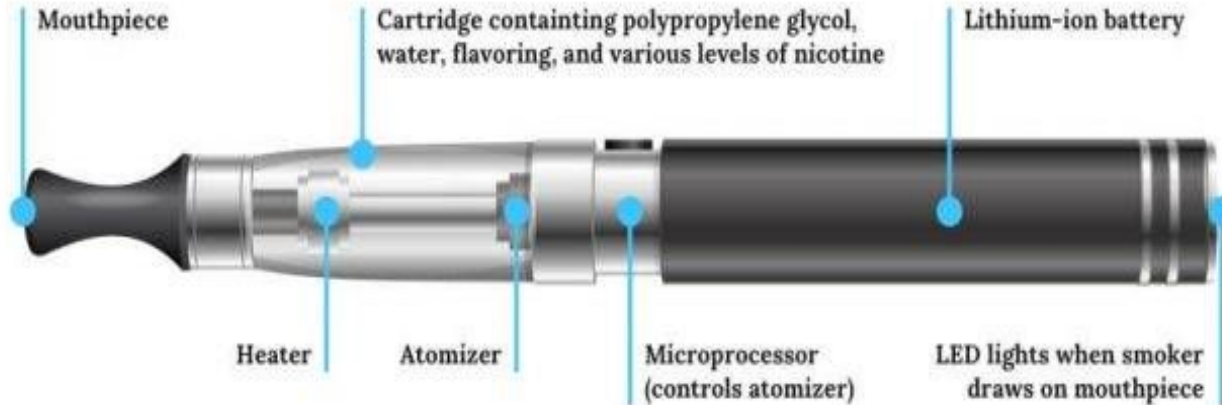
E-cigarettes are battery-powered smoking devices. They have cartridges filled with a liquid that usually contains nicotine, flavorings, and chemicals. The liquid is heated into a vapor, which the person inhales. That's why using e-cigarettes is called "vaping."



# How do E-Cigarettes work?

They work by heating a liquid into an aerosol that the user inhales and exhales. The e-cigarette liquid typically contains nicotine, propylene glycol, glycerin, flavorings, and other chemicals.

## How A Common E-Cigarette Works



# FOUR TYPES OF E-CIGARETTES

**CATCH**  
MY BREATH

1



2



3



4



# Health Effects

Health experts are reporting serious lung damage in people who vape, including some deaths.

**Vaping puts nicotine into the body. Nicotine is highly addictive and can:**

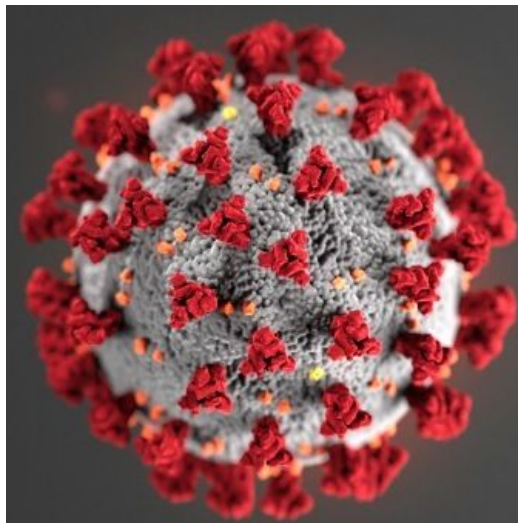
- slow brain development in kids and teens and affect memory, concentration, learning, self-control, attention, and mood
- increase the risk of other types of addiction as adults

**E-cigarettes also:**

- irritate the lungs
- may cause serious lung damage and even death
- increases amount of heavy metals in your lungs/body
- can lead to smoking cigarettes and other forms of tobacco use

# Vaping & Covid 19

According to Stanford researchers, data collected in May shows that teenagers and young adults who vape face a much higher risk of COVID-19 than their peers who do not vape. See Resources for full article





## Vaping and Marijuana

Some people use e-cigarettes to vape marijuana, THC oil, and other dangerous chemicals. Besides irritating the lungs, these drugs also affect how someone thinks, acts, and feels.

They are called Dab pens, and they often have very little odor making it difficult to identify.

The marijuana in dab pens is highly concentrated and can be as high as 90% THC.

# How can parents help

- Talk to your teens early and often about the dangers of vaping.
- Talk to them if you think they might be vaping, or if you know they are vaping.
- Get help: Your Harmony Student Assistance Specialist (SAS), Amy Iliffe, can provide support to your student and/or provide resources for support outside of school.
- Set a positive example (If you as a parent smoke or vape, consider quitting or don't smoke around your teen).



# Resources

<https://www.sciencedirect.com/science/article/pii/S1054139X20303992>

<https://www.drugabuse.gov/drug-topics/tobacconicotine-vaping>

<https://teens.drugabuse.gov/drug-facts/tobacco-nicotine-vaping-e-cigarettes>

[https://e-cigarettes.surgeongeneral.gov/documents/SGR\\_ECig\\_ParentTipSheet\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf)