

YOUTH SUCCESS: Vaping and the Risks Vol. 7

Information you need: From the
Prevention Services Department
440-989-4900/www.thelcadaway.org
Ms. Ashley:
trumanskvorashley@avoneagles.org



E-cigarettes

E-cigarettes are threatening a new generation with nicotine addiction. Youth are not warned about the dangers of vaping. This document will give more information on vaping and the risks.

NICOTINE IS A DRUG

The definition of a drug is any substance that alters an individual's state of mind. There are different classifications of drugs and nicotine is classified as a stimulant. A stimulant is a substance that raises levels of physiological or nervous activity in the body. These make your body work faster and often increase your heart rate.

TYPES OF VAPES

- Juul
- E-Cigs
- Mods
- Puff Bars
- Hookah
- SMOK
- Suorin
- And the list goes on.....



CIGARETTES:

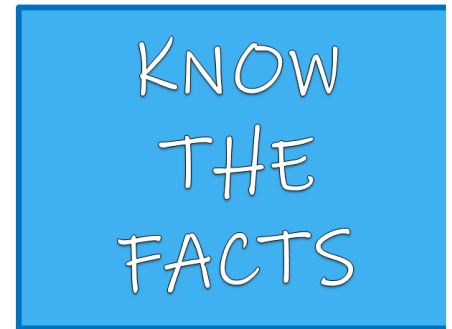
The action or habit of inhaling and exhaling the smoke of tobacco by sucking on the end of a lit cigarette, cigar, pipe, etc

VERSUS

VAPING:

The action or practice of inhaling and exhaling vapor containing nicotine and flavoring produced by a device designed for this purpose.

NOTICE.....THERE IS NOT MUCH DIFFERENCE.



Why do teens vape?

Teens vape for a variety of reasons:

- Experience new things
- Pressure from peers
- Coping with stress or other problems
- Trying it for the flavors
- Do not realize it is harmful.

1. In December 2019, the federal government raised the legal minimum age of sale of tobacco products from 18 to 21 years, and in January 2020, the FDA issued a policy on the sale of flavored vaping cartridges. Therefore:
 - It is illegal to sell vaping products (e-cigarettes), hookah tobacco, or cigars in person or online to anyone under age 21.
 - Buyers have to show their photo ID to purchase vaping products (e-cigarettes), hookah tobacco, or cigars, verifying that they are 21 years or older.
 - These products cannot be sold in vending machines (unless in an adult-only facility).
 - It is illegal to hand out free samples. (NIDA for teens)
2. When a person uses tobacco products, the release of dopamine causes similar “feel-good” effects. This effect wears off quickly, causing people who smoke to get the urge to light up again for more of that good feeling, which can lead to addiction.
3. Short-term effects include increased blood pressure, increased heart rate, and faster breathing.
4. Long-term effects include Cancers, lung problems, Heart disease and strokes, cataracts, loss of sense of smell and taste, aging skin and teeth, risk to an unborn baby if pregnant and fire-related deaths.
5. Know the withdrawal signs: irritability, problems with thinking and paying attention, sleep problems, increased appetite, and cravings.

COMMON SIGNS OF TEEN VAPING

Have a new group of friends because they vape.

Decreased interest in school/sports/hobbies.

Experiencing mood swings.

Vaping most weekends.

Lying to your parents about your vaping use, why you need money, where you are going, or who you are hanging out with.



Additional Information

[Click here](#) to learn more about teen vaping!

[Why vaping is bad for you-](#) interesting video giving some answers.

Resources:

Crisis Text Line: Text “4HOPE” to 741741 to text with someone anonymously. [Click here to learn more!](#)

The LCADA Way – Prevention Services Department

440-989-4900

Facebook: [Keys to Prevention](#)

Twitter: [@Keys2Prevention](#)

YouTube: [Watch our videos!](#)

Struggling with nicotine abuse? Call us at 440-989-4900 for support!