

## Parent FAQs for Vaping

**What are e-cigarettes?** E-cigarettes are electronic devices that heat liquid flavors and chemicals (e-juice). The heating produces an aerosol, also called a vapor, which is a mix of small particles in the air. An e-cigarette might also be called: JUUL (a brand of e-cigarettes), E-cigs, ENDS (electronic nicotine delivery systems), ANDS (alternative nicotine delivery system), E-hookahs, Hookah pens, Vape pens, Vape mods, Vaporizers, Vapes, Tank systems. Roughly three categories: Mods or tanks, rechargeable, and disposable:

Tanks or Mods



Rechargeable (JUUL)



Disposable



Note. Other examples include Cigarettes, Cigars, Pipes, Pens, USB Flash Drives, Other common objects such as car keys

<https://www.cdc.gov/tobacco/infographics/youth/pdfs/e-cigarettes-usb-flash-508.pdf>

### Is vaping healthier than smoking cigarettes?

Research has found that using e-cigarettes is likely to be less harmful than smoking regular cigarettes because e-cigarettes do not burn tobacco. But they do contain nicotine, which comes from tobacco and is still addictive.

<https://www.cdc.gov/tobacco/infographics/youth/pdfs/e-cigarettes-usb-flash-508.pdf>

### **What is the legal age for purchasing vaping products?**

In 2014, e-cigarettes surpassed combustible cigarettes as the most commonly used tobacco product among U.S. middle and high school students reporting current tobacco use. By 2017, more than 2 million teens were currently using e-cigarettes, and parents, teachers, and school administrators across the nation began raising alarm about pervasive e-cigarette use in schools due to the rising popularity of products with high nicotine levels and low aerosol emissions, like JUUL.

In response to these concerns, Senate Bill 21 took effect September 1, 2019, with hopes that it would keep cigarettes, electronic cigarettes and tobacco products out of public schools by creating more “social distance” between younger students and students old enough to purchase them. Only active-duty troops, ages 18 and 20, are exempt.

<https://www.texastribune.org/2019/08/20/texas-raised-legal-smoking-age/>

### **What is vaping and/or JUULing?**

Vaping means breathing in the aerosol or vapor of an e-cigarette. It’s important to know the aerosol coming out of an e-cigarette is not water vapor and is not harmless. “JUULing” is a slang term created by users of a brand of e-cigarettes called JUUL, which is very popular among teenagers and young adults.

<https://www.washingtonpost.com/health/2019/11/08/potential-culprit-found-vaping-related-lung-injuries-deaths/>

### **How is vaping harmful to my teen?**

Nicotine can harm the brain development of teenagers. All types of the JUUL brand of e-cigarettes contain particularly high levels of nicotine. Vaping could make your kids want to try other, more harmful tobacco products, like regular cigarettes. Nicotine can harm the developing adolescent brain, which continues to develop until about the age of 25. Nicotine consumption can harm the parts of the adolescent brain that control attention, learning, mood, and impulse control. Using nicotine in adolescence may also increase risk for future addiction to other drugs.

Due to the changes in the adolescent brain development caused by nicotine, evidence is beginning to suggest that such changes put teens at risk for future addiction to harder drugs like cocaine. Also, teens who vape are seven times more likely to report cigarette use within a six-month period of time.

[https://www.cdc.gov/tobacco/data\\_statistics/sgr/e-cigarettes/pdfs/2016\\_sgr\\_entire\\_report\\_508.pdf](https://www.cdc.gov/tobacco/data_statistics/sgr/e-cigarettes/pdfs/2016_sgr_entire_report_508.pdf)

<https://www.parents.com/kids/health/vaping-e-cigarettes-and-juuling-what-parents-of-teens-need-to-know/>

<https://www.fda.gov/tobacco-products/fda-launches-new-campaign-real-cost-youth-e-cigarette-prevention-campaign>

### **How are e-cigarettes and e-liquids harmful?**

In addition to nicotine, the solution in e-cigarette devices and vapor contains harmful chemicals like antifreeze (made from one of two chemicals: propylene glycol or ethylene glycol), diethylene glycol, and carcinogens like nitrosamines, which can cause cancer.

Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes. Nationally, approximately 50% of calls to poison control centers for e-cigarettes are for kids 5 years of age or younger. Less than half a teaspoon of nicotine can kill a child.

Scientists are still learning about the long-term health effects of e-cigarettes. Some of the ingredients in e-cigarette aerosol could also be harmful to the lungs in the long-term. For example, some e-cigarette flavorings may be safe to eat but not to inhale because the gut can process more substances than the lungs.

Defective e-cigarette batteries have caused some fires and explosions, a few of which have resulted in serious injuries. There have been reports of e-cigarettes exploding and causing serious injuries. The explosions usually are caused by batteries that are not working well or handled as they should be. People should not buy e-cigarette products or e-juice off the street. They should not change a vaping device in any way and should not add anything to it.

<https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/questions-and-answers-about-e-cigarettes-for-parents.pdf>

### **What is the role of vaping in recent deaths due to lung injury?**

Vitamin E Acetate, a synthetic oil form of Vitamin E, has been determined by the CDC to be a culprit in 23 out of the 29 cases of lung injury suspected of being associated with the vaping of THC. Furthermore, the Vitamin E Acetate-containing THC likely came from unregulated sources (off the street) as Vitamin E Acetate is commonly used as a cutting agent or additive for THC products on the black market due to the fact that it looks similar to THC oils and is cheaper than THC. Once Vitamin E Acetate is heated in an electronic nicotine delivery system (ENDS) it has the capability to vaporize and disperse into the lungs. Unfortunately, Vitamin E Acetate returns to its original oily or waxy form once deposited deep in the lungs. This phenomena sickened more than 2,000 people and killed 39. The CDC continues to advise against the use of vaping products, particularly unregulated black market THC products,

[https://www.cdc.gov/mmwr/volumes/68/wr/mm6845e2.htm?s\\_cid=mm6845e2\\_w](https://www.cdc.gov/mmwr/volumes/68/wr/mm6845e2.htm?s_cid=mm6845e2_w)

<https://www.washingtonpost.com/health/2019/11/08/potential-culprit-found-vaping-related-lung-injuries-deaths/>

### **How can I tell if my teen is vaping?**

Three key signs your teen might be vaping:

1. Stepping away frequently: Is your teen going to the bathroom more often or going outside more often? Your teen could be sneaking a vape.
2. Shortness of breath: Shortness of breath, excessive coughing and an increasing intolerance to exercise should raise suspicions.
3. Nicotine toxicity: Due to the near-constant puffing on the device, nicotine toxicity could be a sign that your teen is vaping. Signs your teen may have ingested too much nicotine including nausea, vomiting, and sometimes wildly-fluctuating blood pressure.

<https://www.google.com/amp/s/amp.usatoday.com/amp/2429184001>

### **How do I talk to my teen about E-cigarettes?**

1. Prepare for discussion ahead of time by learning the facts about e-cigarettes, being patient and set to listen, and by setting a tobacco-free example, yourself.
2. Find the right moment to start the conversation with your teen, such as seeing an e-cigarette advertisement on TV, and ask for support from healthcare provider or other adults who are knowledgeable about the risks of e-cigarettes.
3. Be prepared to answer questions your teen might have about e-cigarettes, such as why they shouldn't use e-cigarettes, the effects that nicotine has on teen brains, safety of nicotine consumption, e-cigarette vs. conventional cigarettes, contents of e-cigarettes, and your (parental use) of nicotine.
4. Keep the conversation going through connection and encouragement, reminding and repeating information, and fact- and resource-sharing.

[https://e-cigarettes.surgeongeneral.gov/documents/SGR\\_ECig\\_ParentTipsheet\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipsheet_508.pdf)

### **Additional Resources and References**

<https://kidshealth.org/en/parents/e-cigarettes.html>

<https://childmind.org/article/teen-vaping-what-you-need-to-know/>

<https://www.uab.edu/news/youcanuse/item/9937-vaping-e-cigarettes-juuling-what-parents-teens-need-to-know>

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)

<https://www.healthychildren.org/English/health-issues/conditions/tobacco/Pages/Facts-For-Parents-About-E-Cigarettes-Electronic-Nicotine-Delivery-Systems.aspx>

<https://www.catch.org/pages/cmb-parent-resources>