

VAPING TOOLKIT

**AN INFORMATIONAL GUIDE FOR PARENTS,
EDUCATORS, HEALTH CARE PROFESSIONALS,
SOCIAL WORKERS, AND TEENS**

THE COUNCIL ON RECOVERY
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The Council on Recovery is Houston's oldest and largest source of help for individuals and families whose lives are affected by alcoholism, drug abuse, addiction, and co-occurring mental health disorders. As a community-based, non-profit organization, The Council is Houston's leading provider of prevention, education, treatment, and recovery services. Our programs cover all ages and stages of life, with an emphasis on families and a commitment to turning no one away.

The Council thanks Prevention Resource Center 6 for providing data and support in our efforts to curb vaping addiction and promote education and awareness.

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VAPING MYTH BUSTERS



MYTH: USING E-CIGARETTES IS HARMLESS

TRUTH: **The use of e-cigarettes is unsafe, particularly for kids, teens, and young adults.** Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes. Most e-cigarettes contain nicotine, which is highly addictive and can harm adolescent brain development. Young people who use e-cigarettes are more likely to smoke combustible cigarettes in the future.

MYTH: VAPING IS SAFER THAN SMOKING CIGARETTES

TRUTH: Vaping exposes users to fewer harmful chemicals than combustible cigarettes and it is correct that combustible cigarettes are extraordinarily dangerous, containing more than 7,000 chemicals and killing half of all people who smoke long-term. However, e-cigarettes are definitely not without safety risks due to the potential for poisoning, addiction, and interference with brain development, particularly when consumed during the adolescent and young adult years.



MYTH: USING E-CIGARETTES IS HARMLESS

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MYTH: ALL E-CIGARETTES AND E-LIQUIDS DO NOT CONTAIN NICOTINE

TRUTH: **About 99% of vaping products on the market have been found to contain nicotine.** JUUL always contains nicotine, is marketed as such, and the pods come in two strengths – 2% and 5% nicotine. Approximately two-thirds of JUUL users aged 15 – 24 do not know that JUUL always contains nicotine.



MYTH: YOU CAN'T GET ADDICTED TO VAPING OR E-CIGARETTES

TRUTH: Ninety-nine percent of all vaping liquids sold on the market contain nicotine, which is a highly addictive substance. The presence of nicotine in just about all e-cigarette and e-liquid products, and at levels that are astronomical when compared to that seen with combustible products of past generations, raises the potential for addiction to levels higher than what has historically been the case.

MYTH: USING E-CIGARETTES OR VAPING WILL HELP ME QUIT SMOKING

TRUTH: There is not, yet, enough conclusive scientific evidence to support the use of e-cigarettes as smoking cessation devices, as the Food and Drug Administration (FDA) has not approved it as such. If smoking cessation is the goal, there are several FDA-approved Nicotine Replacement Therapy (NRT) products that are sold over the counter.





MYTH: I ONLY INHALE HARMLESS FLAVORED WATER VAPOR WHEN I USE AN E-CIGARETTE OR VAPE

TRUTH: Two thirds of youth who report vaping, believe that they are inhaling only flavored vapor water. However, this is not the case, and even the few products that do advertise the product as nicotine-free, have still tested for at least small amounts of nicotine.

E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavorings, and other chemicals that help make the aerosol. And it is not harmless. The aerosol that users breath in and out of the device can contain harmful chemicals substances including:

- nicotine
- ultrafine particles that can be inhaled deep into the lungs
- flavorings such as diacetyl, a chemical linked to serious lung disease
- volatile organic compounds
- cancer-causing chemicals
- heavy metals such as nickel, tin, and lead



MYTH: IT'S OKAY TO USE E-CIGARETTES OR VAPE AT SCHOOL, WORK, OR INSIDE PUBLIC BUILDINGS

TRUTH: The aerosol that users inhale and exhale from e-cigarettes can expose both themselves and bystanders to harmful substances. A recent report has found that the damage to individuals' lungs is not only occurring in the lungs of those who vape, but also in the lungs of those around them. Bystanders can breathe in the same aerosol vapor when the user exhales it into the air exposing them to the same harmful substances originally inhaled by the user (see above).



MYTH: THE SMOKING AGE IN TEXAS IS 21, BUT THE VAPING AGE IS 18

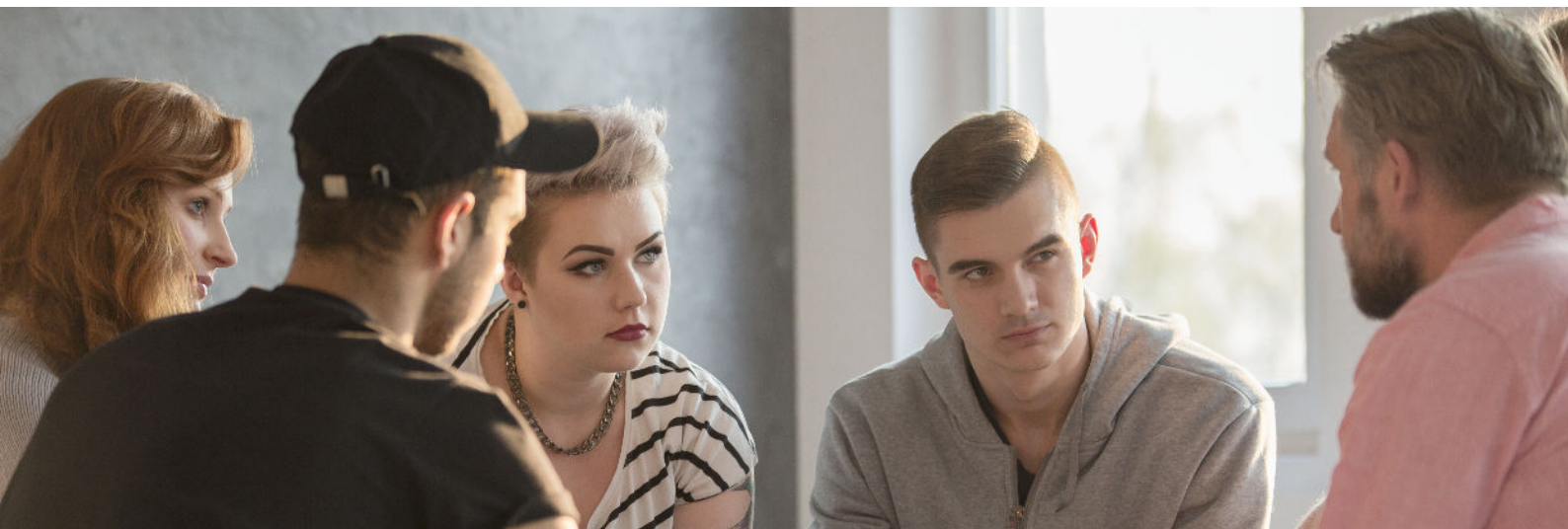
TRUTH: As of September 1, 2019, the legal age for consuming any and all tobacco products, including vaping products, was moved to 21 years of age by way of Senate Bill 21. However, active military troops ages 18-20, are exempt from this bill.



MYTH: JUUL PRODUCTS ARE JUST LIKE THE OTHER TYPES OF E-CIGARETTE AND VAPING PRODUCTS ON THE MARKET

TRUTH: JUUL is a brand of e-cigarette that is shaped like a USB flash drive. Like other e-cigarettes, JUUL is a battery-powered device that heats a nicotine-containing liquid to produce an aerosol that is inhaled.

JUUL products are particularly known for an unusually high nicotine concentration (one JUUL pod = more than one 20 pack of combustible cigarettes). JUUL uses nicotine salts which are very fine in nature and allow those unusually high levels of nicotine to be inhaled easier, deeper, and with less irritation than traditional e-cigarettes, and are therefore the teen consumer's go-to in school bathrooms and even classrooms. It has been reported that about two thirds of youth and young adults, ages 15-24, do not even know that all JUUL products contain nicotine.



VAPING FAQs for PARENTS

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

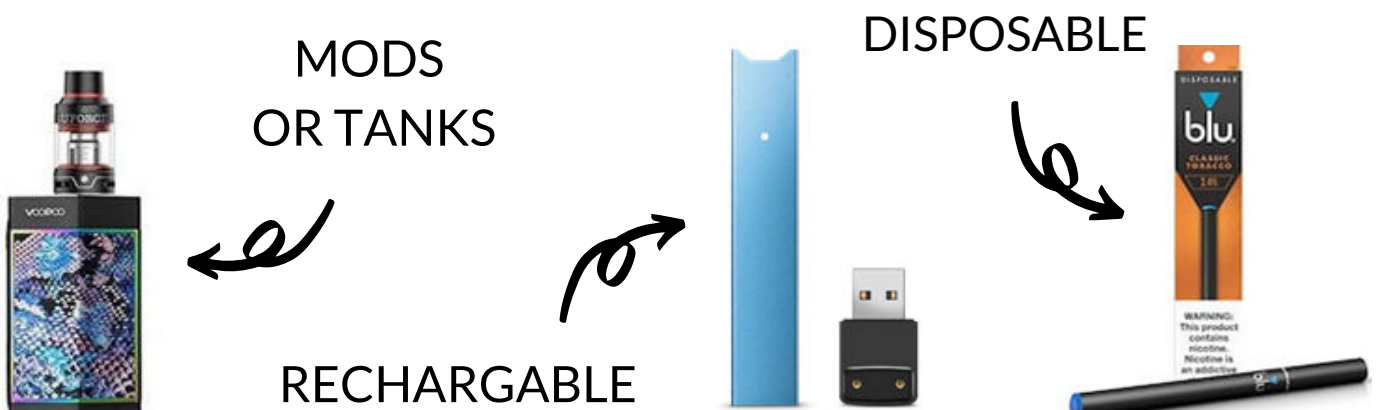
Vape mods

Vaporizers

Vapes

Tank systems

There are 3 categories:



WHAT IS VAPING?

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.



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, Texas Senate Bill 21 took effect September 1, 2019, which **prohibits the sale of cigarettes, e-cigarettes, and tobacco products to people under 21**, with hopes that it would keep these 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 18-20, are exempt.

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.

HOW IS VAPING HARMFUL TO MY TEEN?

Nicotine can harm the developing adolescent brain, which continues to develop until about the age of 25. All types of the JUUL brand of e-cigarettes contain particularly high levels of nicotine. Vaping has been proven to make teens want to try other, more harmful tobacco products, like regular cigarettes.

Nicotine consumption can harm the parts of the adolescent brain that control attention, learning, mood, and impulse control. 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.

HOW ARE E-CIGARETTES AND E-LIQUIDS HARMFUL?

Scientists are still learning about the long-term health effects of e-cigarettes. Here's what we do know.

- In addition to nicotine, the solution in e-cigarette devices and vapor contains harmful chemicals like antifreeze, 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.
- 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.
- 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.**



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 (as of November 2019). The CDC continues to advise against the use of vaping products, particularly unregulated black market THC products.

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.

HOW DO I TALK TO MY TEEN ABOUT VAPING?

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.



If you need further guidance, call The Council to schedule a consultation or coaching session with one of our adolescent therapists. Our highly qualified and compassionate staff can walk you through the steps you can take to intervene.