

PARENT HANDBOOK ON VAPING

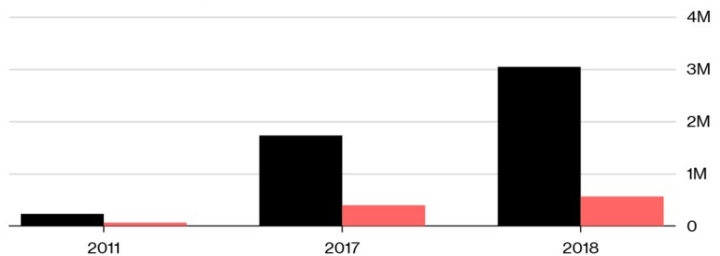
What is vaping/juuling?

According to the recently released National Youth Tobacco Survey, vaping, also known as e-cigarette use or juuling, increased 78 percent among high school students and 48 percent among middle school students between 2017 and 2018. This represents 1.5 million new initiates in just one year. Vaping has upended much of last decade's public health progress reducing tobacco and drug use among kids. A study by Monitoring the Future reported

E-Cigarette Epidemic

Vaping among U.S. teenagers has surged in recent years

■ High school students ■ Middle school students



Source: Centers for Disease Control and Prevention

Bloomberg

that the jump in vaping among 10th and 12th graders from 2017 to 2018 is the largest on record, for any substance. In fact, the U.S. Surgeon General has classified vaping a youth epidemic.

How did we get here? Three simple reasons:

- The flavors make it easy to hit.
- The devices make it easy to hide.
- The nicotine makes it hard to quit.

Vaping devices are not just being used for nicotine – they are also being used to vaporize THC, the chemical responsible for most of marijuana's mind-altering effects, often through cannabis-infused oils in place of e-liquids. Of those students who reported e-cigarette use in 2016, researchers estimate that nearly 1 in 3 high school students, or roughly 1.7 million, have used pot in the devices. Nearly 1 in 4 middle school students who reported vaping, or 425,000, have done the same, the team reports online September 17 in JAMA Pediatrics. Results published mean 2.1 million middle and high school students have used them to get high. There is worry that teens and young adults who use e-cigarettes will increase their risk of smoking. Teens and young adults who vape are almost 4 times as likely as their non-vaping peers to begin smoking traditional cigarettes, according to a review published online in JAMA Pediatrics and are 3.5 times as likely to begin using marijuana than their peers who do not use e-cigarettes/Juuls.

What is vaping/juuling?

Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes do not produce tobacco smoke, but rather an aerosol, often mistaken for water vapor, that actually consists of fine particles. Vape devices can look like regular cigarettes, cigars or pipes, while others resemble USB sticks, guitar picks or a small cellphone. Vape pens generally are available for \$20 and up. Current pricing for the JUUL starter kit is \$29.99, which includes the device, a charger, and 4 flavored pods. Each Juul pod contains 59 mg/ ml of nicotine, equivalent to one pack of cigarettes.



- Flavored e-liquids come in thousands of flavors, including bubble gum, cotton candy and grape, but also hot dog, banana bread and King Crab legs.
- Flavored e-liquids may also contain different levels of nicotine, ranging from 2mg/ml to 59mg/ml. One of the more popular vape devices, Juul, contains 59mg/ml of nicotine in each pod. Each Juul pod is equal to one pack of cigarettes and may deliver nicotine to the brain 2.7 times faster than other e-cigs.
- Marijuana can be vaped in both the leaf form or using THC and/or CBD oil. THC is the psychoactive compound in marijuana that creates a sense of being high. In general, more potent marijuana is available today than in the past. Plus, the concentration of THC in vaporized oils and waxes can be four to 30 times as high as that in dried marijuana.
- New developing trends show that teens and young adults are also beginning to vape Flakka, Kratom, and K2/synthetic pot

Risks of vaping- health

Exposure to Nicotine- Nicotine is a stimulant that activates the nervous system to prepare the body for physical and mental activity. It causes one's breathing to become more rapid and shallow, as well as increases heart rate and blood pressure. Nicotine exposure in teens and young adults is worrisome because nicotine can be highly addictive. Due to the fact that the brain is undergoing massive changes during adolescence through the mid- to late 20's, nicotine use may rewire the brain, making it easier to get hooked on other substances and contribute to problems with concentration, learning and impulse control. Nicotine can escalate anxiety, mood swings, headaches and stomachaches and learning difficulties.



Flavorings: Additives that come in more than 7000 flavors and are designed to make vaping a more palatable experience for younger smokers. Many flavors are safe to ingest when added to food products, but can cause significant problems with breathing when inhaled.



Heavy Metal- Residue from coils used to heat up e-liquid as well as other parts of the device can leak into the aerosol that is inhaled by the user. Chromium, nickel, lead, manganese, aluminum, tin, and iron have been detected in vaping aerosols.



Injuries and Poisonings- Vape devices, especially those with poor quality batteries, or that have been stored improperly or modified by the user, can explode resulting in burns injuries and in some cases, death. Exposure to e-liquids from drinking, either on purpose or by accident, eye or skin contact, or injection can result in seizures, brain injury due to lack of oxygen, vomiting, problems related to lactic acid buildup in the body, or death.



Use of tobacco- Adolescents who vape nicotine are nearly nine times as likely as those who didn't use e-cigarettes/vapes to later smoke traditional cigarettes



Vaping THC- According to the CDC, cannabis use among youth can adversely affect learning and memory and may impair later academic achievement and education by impacting the still developing adolescent brain. Negative effects include:



- Difficulty with critical thinking skills like attention, problem-solving and memory
- Impaired reaction time and coordination, especially as it relates to driving
- Decline in school performance
- Increased risk of mental health issues including depression or anxiety, and in some cases, psychosis where there is a family history
- Research also shows that about 1 in 6 teens who repeatedly use marijuana can become addicted, as compared to 1 in 9 adults.

Risks of Vaping- Legal

On June 8, 2019, Governor Abbott signed Senate Bill 21 into law, which raises the minimum age for distribution, possession, purchase, consumption, and receipt of cigarettes, e-cigarettes, and tobacco products from 18 to 21. The new law will go into effect on September 1, 2019 and excludes members of the military and those born prior to 08/31/2019. Violations of the law will generate a Class C misdemeanor and a fine of up to \$500.



Additionally, each school district has a unique “student code of conduct” which provides information and direction to students and parents regarding expectations of behavior, as well as consequences for code of conduct violations. All school districts prohibit possessing, smoking or using tobacco products, cigarettes, cigars, e-cigarettes, and any component, part or accessory for an e-cigarette/vape device. Violations of the student code of conduct can result in a wide range of disciplinary actions.

Despite having been legalized in other states, possessing even a small amount of marijuana is a crime in Texas. The Texas Health and Safety Code says it is illegal for a person to knowingly or intentionally possess a usable quantity of marijuana. How much marijuana a person has in their possession will affect the level of severity of the offense.

- Up to 2 Oz– Class B Misdemeanor, punishable by up to 180 days in jail and up to a \$2,000 fine
- 2oz to 4oz– Class A misdemeanor, punishable by up to 1 year in jail and a \$4,000 fine
- 4oz to 5lbs– State Jail Felony, punishable by 180 days to 2 years in jail and up to a \$10,000 fine
- 5lbs to 50lbs– 3rd Degree Felony, punishable by 2 to 10 years in jail and up to a \$10,000 fine
- 50lbs to 2000lbs– 2nd Degree Felony, punishable by 2 to 20 years in jail and up to a \$10,000 fine
- More than 2000lbs– 1st Degree Felony, punishable by 2 to 99 years in jail and up to a \$50,000 fine

THC Oil in Texas (Wax, Dabs, Marijuana Concentrate)

Possessing THC (tetrahydrocannabinol) oil in Texas is considered a more serious crime than simply possessing marijuana. Over the last few years, vaping THC oil, which is a concentrated version of the mind-altering component of marijuana, has become popular. Under Texas law, THC oil or wax is considered a concentrate and possessing it is a felony criminal offense.

- Less than 1 Gram– State Jail Felony
- 1 Gram to 4 Grams– Third Degree Felony
- 4 to 400 Grams– Second Degree Felony
- 400 grams or more – First Degree Felony



The law considers THC oil and wax to be in a different penalty group than marijuana, due to the higher level of THC, and consequences are much harsher. So while a typical small amount of marijuana could be punishable as a misdemeanor, even a very small amount of THC oil can be punishable as a felony. The user believes that a low amount is a misdemeanor, much like a low amount of marijuana. This is a common misconception among students and parents. **Every THC oil case in Texas is a felony.**

Signs your teen is vaping:

What Are the Signs of Vaping? Although sometimes subtle, there are clues to look for to see if your youth is vaping:



- Equipment/Technology- You may find devices that look like flash drives, e-juice bottles, pods (that contain e-juice) or product packaging. Have you come across unfamiliar chargers, coils, or batteries?
- Online purchases / packages in the mail / store purchases- Be on the lookout for purchases made online and charged to your credit card or unusual packages that arrive in the mail. Kids also buy them at gas stations or from other friends.
- Scent- While the smell from vaping is faint, you may catch a whiff of a flavoring where there appears to be no other source. For example, if you smell bubble gum or chocolate cake, take note.
- Increased thirst / nose bleeds- Increased thirst and dry mouth (and occasional nosebleeds) is a side effect of the propylene glycol which pulls water molecules from the mouth and nose. As a result, some kids drink more liquids or seem more prone to nose bleeds.
- Vaping lingo- You may see vape lingo in text messages such as “atty” for an atomizer, “VG” for vegetable glycerin found in e-juice, or “sauce” referring to e-juice. Kids often brag about their vaping exploits on social media. Look for pictures on Instagram, YouTube or Tik Tok.
- Appearance and behavior changes- Just like smoking, vaping marijuana can result in dry mouth and thirst, increased appetite and shifts in behavior and mood. Sometimes, there is a noticeable change in friends and a decrease in activities that were once enjoyed.
- Attempts to conceal colorful plastic caps from “pods” and small electrical devices and cords for charging
- Signs of developing a nicotine dependence or withdrawal such as changes in sleeping, irritability, coughing, frequent snacking.
- Changes in your kids’ behavior such as increased mood swings, irritability, anxiety, or impulsivity.
- Increases in frequent headaches, nausea or heightened caffeine sensitivity.

How to talk to teens about Vaping

Before the talk, do the following:

- Know the facts. Get credible information about e-cigarettes and young people at Ecigarettes.SurgeonGeneral.gov
- Be patient and ready to listen.
- Avoid criticism and encourage an open dialogue.
- Keep in mind the goal is to have a conversation, not lecture.
- It's OK for your conversation to take place in bits and pieces over time.



LISTEN Whether or not your kids or students have tried vaping, they'll benefit from a good talk. And a good talk starts with listening. Let the kids tell you about their world. Start the conversation generally by asking if a lot of kids at school vape. Once the conversation is initiated, you can slowly work up to asking things like, "What is your experience with that? What are the flavors like?" Get a sense of what they know (or think they know) about the product, which gives you an opening to start educating them.

These starter questions are a simple way in:

- Do you have friends who vape?
- Are you curious about it?
- Have you been offered?
- Have you tried it? If so, what made you say yes?
If not, what made you say no?



Before you tell kids what you think, find out from them what it's like to be a kid in a culture where underage vaping surrounds them. A conversation will work harder than a lecture.

MANY TALKS VS ONE BIG ONE- Have an ongoing dialog rather than a single talk. The temptation to vape is not a one-time occurrence, so the conversation shouldn't be either. Help kids understand that as they age through middle and high school, they'll face new challenges, and through it all, you'll be there to talk through smart, healthy life choices.

TALK SCIENCE- Mostly what kids (and adults) know about nicotine is that it's addictive. But



addiction is only the beginning. Kids should know that nicotine also alters their brains in the area responsible for attention and learning, making it harder for them to carry out tasks and stay focused on their work. It makes it easier for them to get addicted to other drugs down the road. And, as if teen years weren't hard enough, nicotine can also increase anxiety, mood swings, and irritability.

Look for opportunities to discuss vaping with your child. Opportunities may present themselves in numerous ways: letters from the school about vaping policies, advertisements, seeing someone vaping on TV, walking by someone who creates a huge cloud on the street or passing a vape shop.

Convey your expectations and be clear in your expectations. Express your understanding of the risks, but also why a person might want to vape. Share why you don't want your child vaping (i.e. concern about toxins, nicotine, marijuana, unknown health risks, injuries due to batteries).

Role play refusal skills- If you have a younger teen, it may help to teach your child refusal skills. After all, your child is likely to be in social situations where they are offered an opportunity to try a flavor. You might ask, "What would you say if someone offered you their vape?" See how your child would handle the situation. Practicing something along the lines of "No thanks, I'm not interested," said with direct eye contact and assertive body language can help your child be prepared.



Be a good role model Set a positive example by being vape and tobacco-free. If you do vape, keep your equipment and supplies secured.

Connect with your school counselor or interventionist as they have resources which can assist you in addressing this issue.

Sending a message



We all know that today's teens communicate heavily through texting. Here are some example text messages you can send to your youth during Red Ribbon week to get them thinking about the issues around Juuling/Vaping and provides you an opportunity for that follow up conversation:

Just learned that many e-cigarettes, including Juuls, have nicotine in them. That's the drug that makes cigarettes so addictive. Nicotine can also mess with your brain development.

Just saw a report from the Surgeon General that juuls or vapes can mess with how your brain develops and might even affect your mood and focus. Please don't use any products that contain nicotine.

Hope none of your friends use juuls or vapes around you. Even breathing the cloud they exhale can expose you to nicotine and chemicals that are proving to be dangerous to your health.

Most teenagers don't use vapes/Juuls. Nicotine can mess with your brain, and your brain is still developing until you are at least 25.

You might be tempted by e-cigarette flavors, but inhaling certain flavorings that have been found in some e-cigarettes have been shown to be harmful to your health.

You always liked science. Check out the science about e-cigarettes and young people: [E-cigarettes.SurgeonGeneral.gov](https://www.e-cigarettes.surgeongeneral.gov)

Getting off nicotine is hard but I'm so happy I quit. Don't make that mistake and get addicted. Smoking and tobacco use, including using e-cigarettes, are unsafe for young people.

Many Athletic directors/Coaches are banning Juuls/Vapes for their student athletes due to all the health risks, especially in college. Must be dangerous stuff.