

# YOUTH & VAPING

## WHAT ADULTS NEED TO KNOW AND ASK ABOUT NICOTINE USE



Vaping is now the **most popular substance** being abused by Chesterfield County youth.



Local **Chesterfield County** data shows the percentage of **8th graders** who have ever used e-cigarettes **almost doubled** from 2.7% (2017) to 4.9% (2019).



However, Chesterfield County **Seniors'** e-cigarette use **dropped** from 17.9% (2017) to 11.3% (2019)!

Nicotine -- alone -- can harm youth attention and concentration. It primes the brain for other addictions.

Know someone who can't stop?



There's help.

**Truth Initiative** offers text based cessation support for youth and young adults. Text DITCHJUUL to 88709. **Parents can text QUIT to 202-899-7550 for support.** **Quit Now Virginia:** 1-800-QUIT NOW or [www.quitnow.net/virginia](http://www.quitnow.net/virginia) is open 24 hours a day/ 7 days a week for anyone 13 years or older. This free confidential Quitline connects nicotine and tobacco users to Quit Coaches. Parents can also call the Quitline for tips on supporting their kids in quitting for good. [Teen.SmokeFree.gov](http://Teen.SmokeFree.gov) has info specific to teens and links to an app, quitSTART.

## THE CONVERSATION STARTER



Talk to youth about tobacco and nicotine.

**Did you know that it is illegal for anyone under 21 in Virginia to purchase, use or possess any tobacco or nicotine product?** It is also illegal for anyone to purchase tobacco products for (or sell to) underage youth.

If you talk to youth early and often about substance use (including tobacco and nicotine), they are more likely to respect your rules and advice. So, where to begin? Educate yourself!

E-Cigarettes (also called E-cigs, Vapes, Mods, Juuls, NJoy, Puff Bars, Pods, Suorin, Tank Systems and ENDS- Electronic Nicotine Delivery Systems) are the most commonly used tobacco product among U.S. and Chesterfield County youth. **E-Cigs can even be used to deliver marijuana (THC) and other drugs.**

99% of all e-cigs use e-juice containing nicotine (extracted from tobacco), which is the addictive drug in other tobacco products such as cigarettes and cigars. E-cigarettes heat nicotine, flavorings and other chemicals which creates an aerosol -- not water vapor-- that is inhaled into the lungs.

**Nicotine in any form is highly addictive.** One Juul pod has the equivalent amount of nicotine as 1 pack of 20 cigarettes. Ingesting large amounts of nicotine could lead to nicotine toxicity, "Nic Sick." Symptoms may include nausea, vomiting, and fluctuating blood pressure.

"Safer" does not mean safe.

Vapes? PuffBar?  
NJoy? Juul? IQOS?  
Suorin? On!?



More local information can be found here:



SAFE TOBACCO & NICOTINE TASKFORCE  
CHESTERFIELDSAFE.ORG

# Signs & Symptoms

Nicotine is highly addictive and hard to stop.

## RECOGNIZING USE OF VAPES AND E-CIGS

- Sudden increase in smells where there were none before. Vaping products may smell like candy, fruit or perfume, so smell may not be the giveaway.
- Requests for money increases or you see a change in saving practices.
- Ordering items online. Secretive about what they are getting in the mail. Finding empty shipping boxes. TIPS: Do not give loadable credit cards as gifts. Monitor your credit card statements.
- Change in mood which can include: increased irritability or aggressiveness. Increased or onset of defensiveness.
- Posting images and messages via texting and social media apps that are vaping or other drug use related.

E-cigs are not FDA approved; Most e -cig aerosol has metals & toxic chemicals known to cause cancer.

Nicotine lowers impulse control and harms growing brains.

Intentional or accidental exposure to e-juice can result in seizures, anoxic brain injury, or vomiting.

# Tips for Talking to Your Child

## COMMUNICATION IS KEY

- Find teachable moments while watching, listening or reading media. Ask your child for their thoughts about vaping and juuling.
- Maintain a calm attitude and listen to understand rather than listening to respond.
- Share your concerns about how abuse of drugs (including nicotine) and alcohol can affect healthy development. Be clear that you do not condone use of any harmful substances.
- School policy states that no students are allowed to have or use tobacco or vaping products on school property or during school sponsored events.
- Share your family's consequences for discovering vaping, tobacco or other drug use.
- Share that counseling and support will be a next step if use continues or if they ask for help.
- Reach out to other adults that are active in your child's life and gain support for a united approach.

*But wait... there's more!*

- CDC E-Cigarettes + Lung Injury Outbreak: [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes](https://www.cdc.gov/tobacco/basic_information/e-cigarettes)
- Operation Parent: <https://operationparent.org/>
- Surgeon General's Report on E-Cigarettes: <https://e-cigarettes.surgeongeneral.gov>
- American Cancer Society: <https://www.cancer.org/healthy/stay-away-from-tobacco/keeping-your-kids-tobacco-free.html>

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