

E-Cigarettes and Vapes

What You Need to Know

What is It?

- Electronic Cigarette: smokeless, battery operated device used to deliver nicotine with flavorings and chemicals to the lungs.
 - Has the ability to vaporize THC
- Vaporizer pen “vape pen”: hand-held device used to generate an inhalable vapor from solid, semi-solid, or liquid substances.

Signs Students May Be Vaping

- Scent
- “Pens” that aren’t pens, look for holes.
- Copious sipping of liquids.
- Nose Bleeds
- Passing on caffeine
- Using clothing to disguise

Are E-Cigarettes a Safe Alternative?

- That's what Big Tobacco wants you to believe.
- Aggressive marketing to teens.
- Teen usage of vaping has tripled between 2013-2014
- Experts warn nicotine may harm the developing teen brain
- People think it is a safe alternative to vape due to the misconception that it is **only vapor**.

Terminology/Slang

- ENDS
- E-Cig
- JUUL
- 510, 403, 901
- Phix
- PV (Personal Vaporizer)
- (E)-Juice
- E-Liquid
- Blow Sauce
- Dry Puff
- Throat Hit
- Vape Tricks
- Cloud Chasing
- Cloud Comp
- Draw
- Drip/Dripping
- Dabbing

What Are Students Saying About Using E-Cigarettes

- Do not think it is harmful or addictive
- Unless you know what you are looking for you won't be able to smell it.
- The bathrooms are FULL of smoke from vaping.
- Students are juuling at school in the hallway, bathroom, and the classroom.
- Hiding devices in their underwear.
- Charging it in their tablets at school.
- Parents don't know what it is-looks like USB
- If I have an e-cig at a party, then I won't be pressured into doing something worse like drink alcohol or use marijuana.
- Even the kids who would not be caught dead drinking at a party are doing it.

What Can You Do

- **Educate Yourself**
 - Types/brands
 - Risks/consequences
- **Talk to Your Kids**
 - Bring it up naturally in
 - Conversation
 - Use open-ended
 - statements/questions
- **Listen**

Share your concern about risks

Send a clear no-use message
- **Monitor Online Activity**
- **Visit Their Bedroom**
- **Be a Positive Role Model**
- **Advocate For Policy Change**
 - Tobacco Control Policies