

What Can I Do?



Parents & Caregivers:

- Set a good example by being tobacco-free & not using substances in front of your kids. *While they may not listen, they still watch and internalize!*
- Talk with your kid about the dangers of vaping. *It's never too early or late to have these conversations!*
 - For more information on how to have these conversations:



- Have frequent check-ins about their social lives, how school is going, and their mental health.
- Connect them to resources and opportunities if they need more support. *Bring your concerns up to school staff if you need help finding some!*

Educators:

- Talk with your students about the dangers of vaping. *It's never too early or late to have these conversations!*
- Don't disclose or discuss past drug use.
- Connect students to resources and opportunities if they need more support. *Bring your concerns up to school staff if you need help finding some!*
- For more information or additional, visit the nicotine resource library or contact the Prevention & Intervention team:



Online Resources:

Talk. They Hear You. – Caregiver resources, info/data, conversation guides

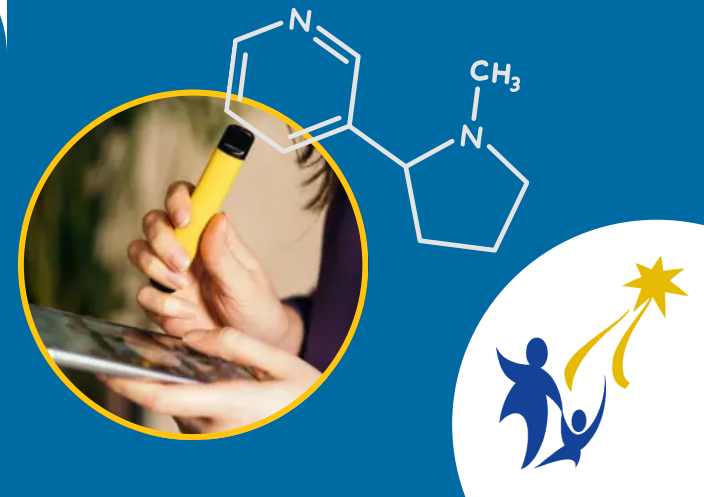
American Lung Association: Talk About Vaping – Caregiver resources, info/data, conversation guides

The truth Initiative – FAQs, data/statistics, health effects, reduction/cessation resources



Nicotine 101

What Adults Should Know About Underage Nicotine Use



Nicotine Products

In 2024, 5.9% of U.S. middle and high school students currently used vapes and 1.8% used nicotine pouches.



Nicotine is **highly addictive** and can harm the parts of an adolescent's brain that control attention, learning, mood, and impulse control. Impeding their ability to learn and worsening mental health and academic performance.



Many vapes have enough nicotine to equal that of 500 traditional cigarettes, meaning that people (and especially adolescents) can become addicted much faster.

Pack of cigarettes
20mg

Elf Bar
50mg

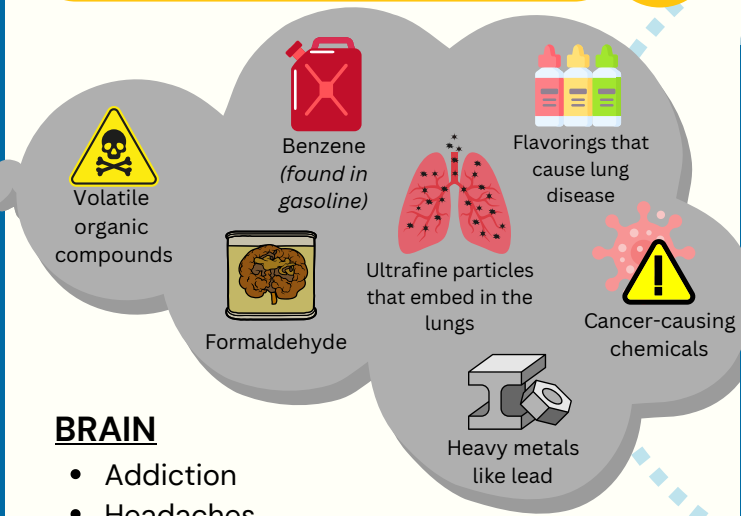
Zyn Pouches
1.5mg- 15mg



50
CIGARETTES
OR
1 cig per puff

15 cigs per
pouch

The Dangers of Vaping



BRAIN

- Addiction
- Headaches
- Anxiety
- Depression
- Stress
- Seizures
- Mood Irregularity
- Shorter Attention Span
- Sleep Disturbances

HEART

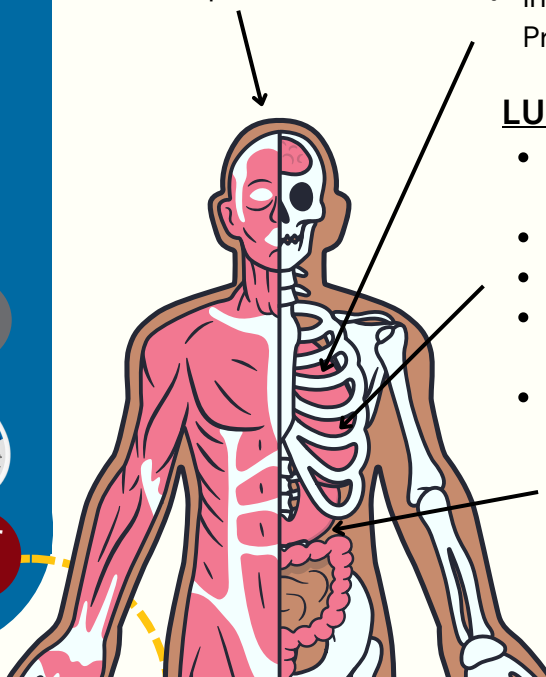
- Racing or Irregular Heart Rate
- Chest Pain
- Increased Risk of Heart Attack, Stroke, Disease
- Increased Blood Pressure

LUNGS

- Rapid, Shallow Breathing
- Coughing
- Wheezing
- Increased Risk of Lung Disease
- Lung Damage

STOMACH

- Nausea
- Vomiting
- Abdominal Pain



Why Youth Vape



Social Influences
(family or peer use)



Stress, Anxiety,
Depression



Advertising



Attractive Flavors

RISK FACTORS:

(things that increase an adolescent's likelihood to experiment with drugs & substances)

- Family history of substance abuse
- Being a member of a marginalized community
- Mental health struggles (especially depression & anxiety)
- Inability to handle stress/Lack of coping skills
- Lack of connection/community
- Previous traumatic events
- Boredom

