

MILLIONS Of Teens Are Still VAPING!

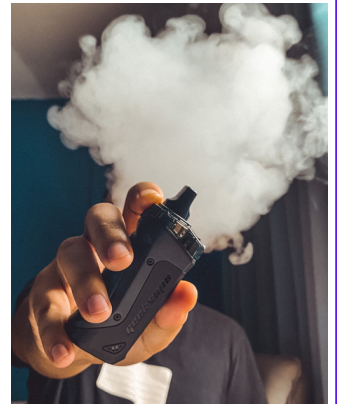


Teen vaping is an epidemic and we need to act now! Help protect our children and young adults from e-cigarettes and nicotine addiction. E-cigarettes have been the most used tobacco product among youth in this country for several years and the problem isn't going away. According to the 2020 National Youth Tobacco Survey, more than 3.6 million youth are still using e-cigarettes. Today, in SC, over 22% of high school students currently use e-cigarettes.

We know vaping can damage the lungs and with damaged lungs a person has a harder time fighting respiratory illnesses such as COVID-19. So, this isn't just about not vaping, it's also about taking another step to protect yourself from the Coronavirus.

WHAT'S AN E-CIGARETTE

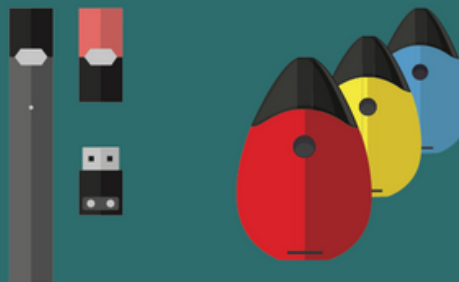
- E-cigarettes are battery-powered devices to heat up a liquid that usually comes in prefilled or in refillable cartridges. This liquid or "e-juice" may include nicotine, cannabis (THC) and other drugs, flavoring, solvents, or other substances.
- E-cigarettes are known by many different names. They are sometimes called "e-cigs," "e-hookahs," "mods," "vape pens," "vapes," "tank systems," and "electronic nicotine delivery systems."
- Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, USB sticks, and other everyday items.



Tanks & Mods



Rechargeable
e-cigarette



Disposable
e-cigarette



HOW DOES IT WORK

The heated liquid produces an aerosol or "vapor" that users inhale into their lungs and then exhale out into the surrounding area. The aerosol is not harmless and contains chemicals such as nicotine, diacetyl flavoring, benzene, found in car exhaust, nickel, tin and lead.



E-cigarettes come in many shapes, sizes, and colors, and are known by different names including “e-cigs,” “mods,” “pod-mods”, “tanks”, and “vape pens”. E-cigarettes and vaping can be hard to detect because they look like ordinary objects a teen would use like a pen, USB flash drive or even a highlighter. The most common Pod Mod brands are JUUL® and Suorin.

JUUL e-cigarettes have a high level of nicotine with a typical JUUL cartridge, or “pod,” containing as much nicotine as a pack of 20 traditional cigarettes. However, two-thirds of users (15–24-year-olds) reported they didn't know that JUULs always contains nicotine.

KNOW THE RISKS

Most e-cigarettes contain nicotine, an addictive drug that can seriously harm a teen's developing brain and respiratory health. Nicotine can also impact learning, memory, and attention. Other risks include mood disorders and less impulse control, not temporarily but permanently. Youth who use nicotine may also increase their risk for future addiction to other drugs. Even the aerosol that a user exhales is full of toxins and can be harmful to someone else. Fire and explosions are another risk when using e-cigarettes. A defective battery can catch on fire or explode causing serious injuries to the user's face and body.

IT'S JUST BUSINESS

E-cigarettes are a 2.5-billion-dollar business in the United States with \$125 million a year spent to advertise and market this product. The industry uses the following techniques and strategies to lure young people into using e-cigarettes:



Special flavors such as fruit, sweets/candy, chocolate, fruit, and menthol



Discreet designs to help hide the product while at school and in the home



Wide variety of media channels to advertise the product and appeal

In fact, the Surgeon General's Report (2021) stated tobacco product advertising causes young people to start using tobacco products. E-cigarette advertising is found in retail stores, the Internet, tv, movies, and magazines. Millions of teens are exposed to advertising with appealing themes and images. The marketing messages can cause young people to have misguided beliefs and perceptions. For example, 60% of youth believe using e-cigarettes occasionally only causes a little harm to their bodies and approximately 1 in 5 young adults believe that e-cigarettes don't cause any harm.

SIGNS OF VAPING

How do you tell if your child is vaping? There are several signs and symptoms to look for:

- Sweet smell – from the e-liquid
- Nosebleeds
- Cough or throat clearing
- Mouth sores
- Shortness of breath
- Change in thirst or taste
- Nausea or vomiting
- Emotional problems



If you think your child is vaping, now is the time to start a conversation. Any e-cigarette use by teens is unsafe and should be addressed. Make sure to set a good example by being tobacco-free. Adopt tobacco-free rules for your home and vehicles. Talk to your child's teachers about tobacco-free rules at school. And if your child is using e-cigarettes, talk to your healthcare provider about getting help for quitting.



Hold Out the Lifeline: A Mission To Families

Each One Can Reach One

803.461.3201 hotlifeline.org



hotlifeline



hotlifeline



hotlifeline