

E-Cigarettes & Vape Pens

Facts, Resources, and Tips for Talking to Your Teen

E-Cigarettes & Vape Pens Generations



Cig-a-Like

E-cigarettes came onto the market around 2007.

Most delivered nicotine and were disposable.

Variations

Variations on the first e-cigarettes included products like e-hookah and rechargeable versions.

Vape Pens

These have batteries that can reach higher temperatures, have refillable e-liquid cartridges, and allow users to regulate the frequency of inhalations.

Mods

Large size, modifiable e-cigarettes allow for more aerosol, nicotine, and other chemicals to be breathed into the lungs, at a faster rate.

Pod-Based

These e-cigarettes are shaped like USBs and contain pods with higher amounts of nicotine than previous generations.



Tobacco Prevention Toolkit
Division of Adolescent Medicine, Stanford University
For more information go to: www.tobaccopreventiontoolkit.stanford.edu

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What Are E-Cigarettes?

Also called vape pens, JUULs, mod systems, pod systems, and vaporizers. E-cigarettes are devices used as an avenue to get nicotine and sometimes other drugs (ie. marijuana) into the system. E-cigarettes have been marketed to youth in attempts to re-normalize smoking behaviors. Growing popularity of e-cigarettes has raised significant concern for pediatric health.

Quick Facts

- E-cigarettes use a battery to heat up a special liquid into an aerosol that users inhale. It's not just harmless water vapor. The "e-juice" that fills the cartridges usually contains nicotine (which is extracted from tobacco), propylene glycol, flavorings and other chemicals. Studies have found that even e-cigarettes claiming to be nicotine-free contain trace amounts of nicotine. Additionally, when the e-liquid heats up, more toxic chemicals are formed.
- Youth are using e-cigarettes at increasing and alarming rates so make sure you talk to your kids about these as well. The U.S. Surgeon General has declared e-cigarette use among youth an epidemic, with rates increasing 78 percent from 2017 to 2018 among high school students and more teens using e-cigarettes than combustible cigarettes (American Lung Association, 2020).
- E-Cigarettes contain a liquid solution that is usually flavored. Flavors, which are appealing to children, can include fruit flavors, candy, coffee, piña colada, peppermint, bubble gum, or chocolate. You can read more about the ways the Tobacco Industry uses flavors to lure kids into using tobacco products in [“The Flavor Trap,”](#) a report issued by AAP and four partner organizations (American Academy of Pediatrics, 2020).
- E-Cigarette solution has chemicals (ie, anti-freeze, diethylene glycol, and

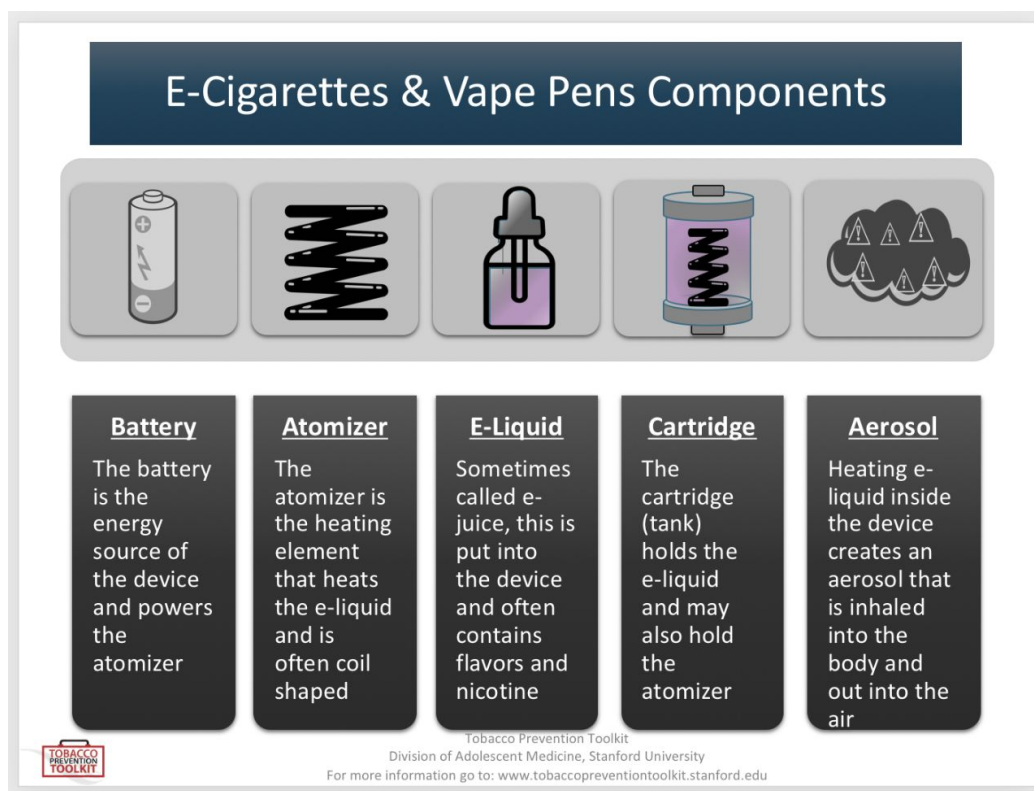
carcinogens like nitrosamines) (American Academy of Pediatrics, 2020).

- E-liquid from e-cigarettes and refill packs can contaminate skin, leading to nicotine poisoning. Symptoms of nicotine poisoning include vomiting, sweating, dizziness, increased heart rate, lethargy, seizures, and difficulty breathing. (American Academy of Pediatrics, 2020)
- Nicotine is a highly addictive drug, and youth are particularly susceptible to nicotine addiction. The younger they are when they start smoking, the greater their risk for addiction and the more strongly addicted they will become (CDC, 2012).
- Youth start smoking for many reasons. Some of the biggest reasons being; their parents smoke, peer pressure, they see smoking as a way to rebel or show independence, nicotine is a “feel good” drug without intoxication, most teenagers like to try new things but do not think of the long-term consequences, the tobacco industry has specifically marketed to young people (American Lung Association, 2020).



Talking to Your Child

- Tell your children honestly and directly that you don't want them to smoke cigarettes, use e-cigarettes (e.g., "vaping" and "juuling") or use any type of tobacco product. Give them clear, consistent messages about the risks of these products. Tell them all the different products this includes, and if they aren't sure—ask (American Lung Association, 2020).



- Start talking to your kids about smoking when they are 5 or 6 years old and continue through their high school years. Many kids start smoking by age 11 and some are addicted by age 14. Explain the health dangers of smoking, as well as the unpleasant physical aspects (such as bad breath, discolored teeth and nails) (American Lung Association, 2020).
- As you talk to your child about their smoking or vaping, point out that he or she is probably already addicted to [nicotine](#). The [tobacco industry](#) spends

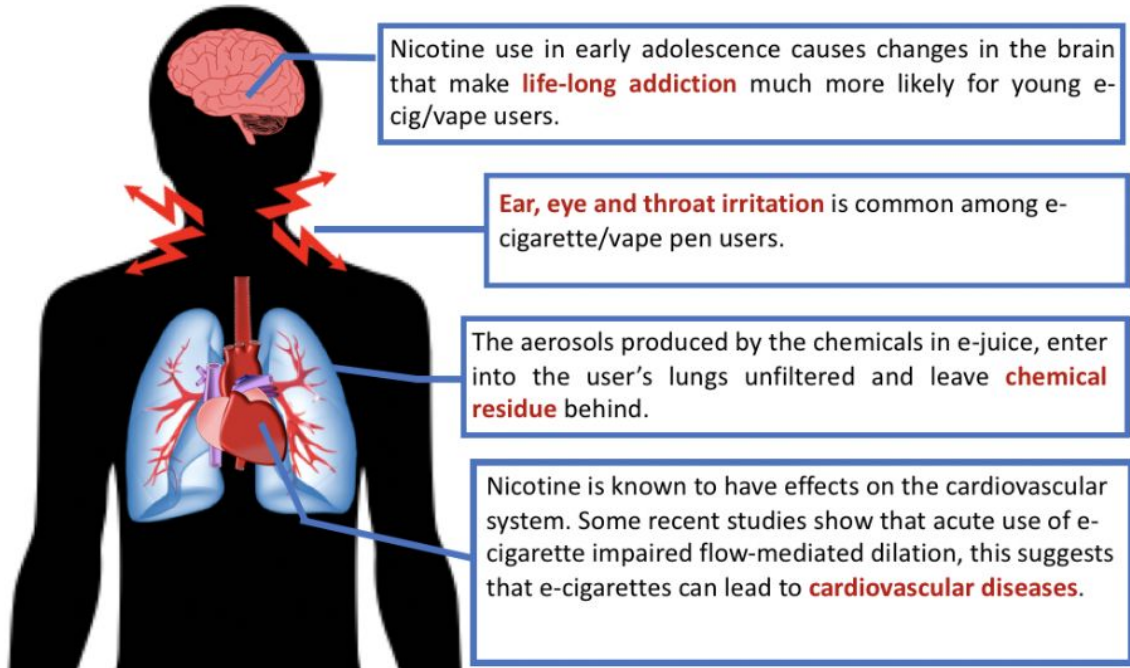
billions of dollars each year to make sure their products are as appealing and as addictive as possible. The tobacco industry also aggressively markets e-cigarettes to youth, glamorizing e-cigarette use in advertisements and offering e-cigarettes in candy flavors like bubble gum and gummy bears. Ask your child to think about how they've been targeted, manipulated and used by tobacco companies. This realization makes many teen smokers angry and can help motivate them to quit (American Lung Association, 2020).

Resources for Parents and their Teens

1. Quit Smoking & Vaping: <https://www.lung.org/quit-smoking>
2. Help Someone Quit Smoking: <https://www.lung.org/quit-smoking/help-someone-quit>
3. Helping Teens Quit Smoking: <https://www.lung.org/quit-smoking/helping-teens-quit>
4. Different Types of E-cigarettes: <https://www.youtube.com/watch?v=fjDP8rTktWw>
5. A Parents Guide to the New Epidemic: <https://www.youtube.com/watch?v=SEz7rvY9IjE&feature=youtu.be>
6. Talking to Teens About Tobacco Use: https://www.cdc.gov/tobacco/data_statistics/sgr/2012/pdfs/physician_card508.pdf

Risks of E-Cigarette and Vape Pen Use

Although the overwhelming majority of young people do not use e-cigarettes, the recent increase in use among adolescents is concerning to health professionals.



Recent studies show that e-cigarette/vape pen use is associated with the use of other tobacco products that are known to cause further health issues, including **cancer** and **heart disease**.

Many people incorrectly believe that these devices produce a water vapor when in fact they create aerosols that contain **harmful chemicals**, and **ultra-fine particles** that are inhaled into the lungs and out into the environment, making them harmful to the user and others nearby.

These devices are still very new so many of the long-term health consequences of their use is still not known. Even still, the mounting evidence shows that these devices are **not harmless**.



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Other References

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