

E-cigarettes and Vaping: Tips for Parents

Parents Matter. Talk Early. Talk Often.

Research shows that teens who have conversations with their parents and learn the risks of using drugs are **50%** less likely to use them.

Set clear expectations. Discuss rules and enforce reasonable consequences.

About e-cigarettes and vaping

- E-cigarettes produce a vapor. Using an e-cigarette is called vaping.
- Most e-cigarettes do not look like cigarettes. Some look like pens or small handheld flashlights. They come in many different colors, designs and with decorations like sequins.
- Teens typically call them egos, vape pens, vapes, or e-hookah rather than e-cigarettes. Often teens don't realize these are all types of e-cigarettes.
- It is illegal to sell e-cigarettes to anyone under the age of 18 in Washington State. Teens often get tobacco products from other people.
- Studies show e-cigarettes contain harmful chemicals and those labeled as having no nicotine contained nicotine.
- E-cigarettes are currently unregulated by any government health or safety agency.
- E-cigarettes are also used to vape marijuana and other drugs.
- Marijuana oil can be vaped, which nearly eliminates the odor and makes it difficult to detect.

Nicotine and the Teen Brain

90% of all drug addictions start in the teen years.

Most e-cigarettes contain nicotine, which is the same drug that makes cigarettes addictive. Teens can become addicted quickly.

Nicotine changes the way the teen brain works. This can negatively impact learning.

E-cigarettes come in many shapes and forms.



Sources:

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3. Johns Hopkins Bloomberg School of Public Health. Effects of Tobacco, Alcohol and Drugs on the Developing Brain. December 18 2014.
4. The National Center on Addiction and Substance Abuse at Columbia University. Adolescent Substance Use: America's #1 Public Health Problem, June 2011.



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