



YOUR TEEN & VAPING

ADDRESS THE DANGEROUS NEW
TREND HOOKING YOUR TEEN ON
NICOTINE

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Learn about what vaping is, how it works, it's prevalence in our state and nation, as well as the many shapes and sizes of the devices used.

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See how legislation updates on both the state and federal level address growing concern with teenagers vaping. See vape companies response to bypass new laws.

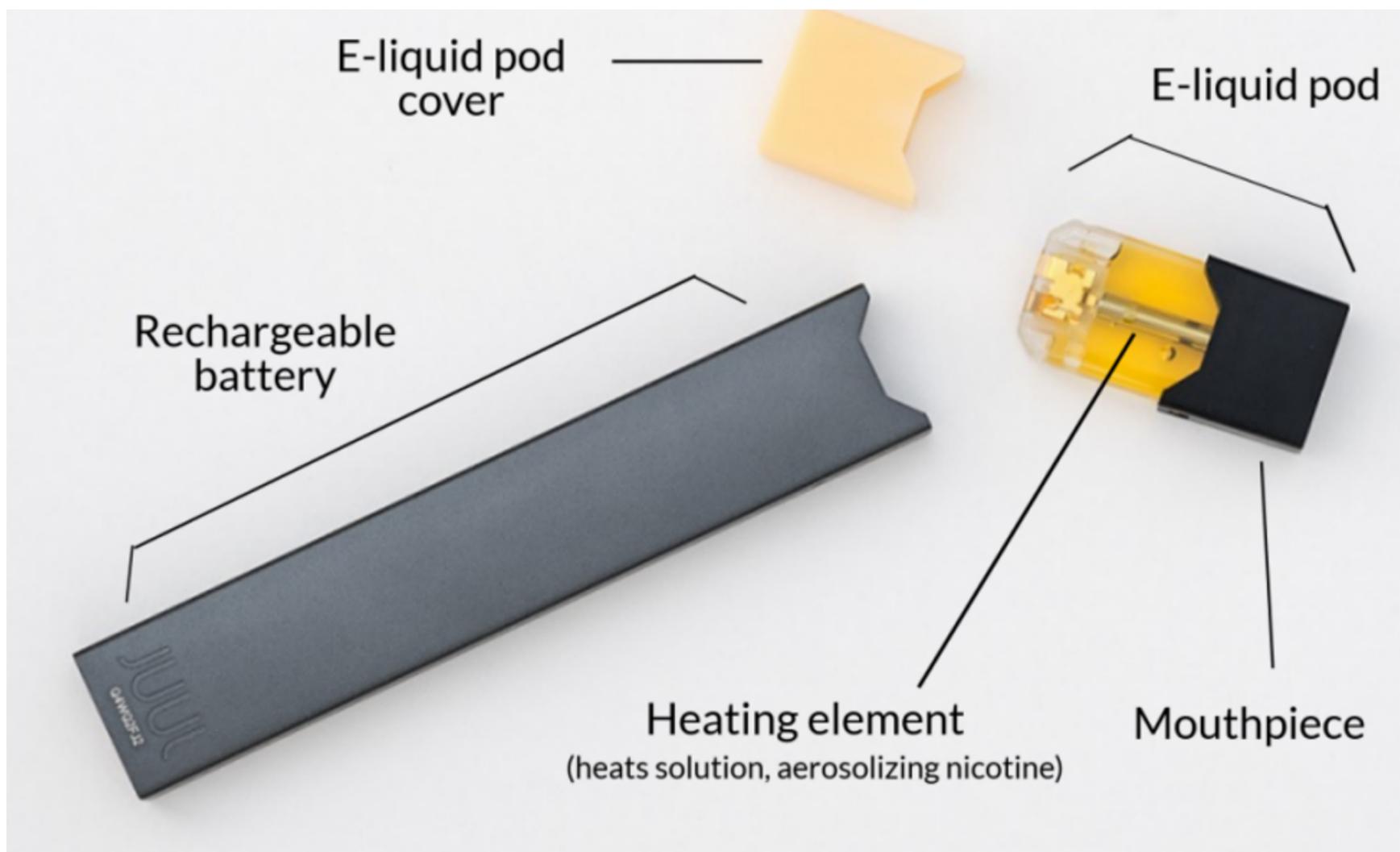
04 SAFER ≠ SAFE

Misleading advertisements incorrectly promote vape as a "safer" alternative to smoking. This phenomenon invades schools across the country, due to various vape disguises.

06 HOW TO HELP

Ease into talking to your kids about the dangers of vaping with these strategies. Involved parents reduce the likelihood of addiction.





UNDERSTAND THE BASICS

VAPING IS THE NUMBER ONE WAY YOUTH IN UTAH COUNTY MISUSE SUBSTANCES, WHICH CALLS FOR IMPROVED PARENT INVOLVEMENT.

In 2018, over 20% of high school students reported having used e-cigarettes in the last 30 days. Between 2017-2018, there was a 78% rise in use by high-school students and, even more concerning, a 48% rise in use by middle-school students. **UPDATE**

Vaping is the inhaling of an aerosol created by an electronic cigarette (e-cigarette) or other vaping device. E-cigarettes, or vapes, are battery-powered devices. They generally have cartridges filled with a liquid which contains a mix of nicotine, flavorings, and chemicals referred to as e-liquid. The liquid is heated into a vapor, which the person inhales. That's why using e-cigarettes is called "vaping."

There are many different kinds of e-cigarettes. E-cigarettes, personal vaporizers, vape pens, e-cigars, pod systems, e-hookah, or vaping devices. E-cigarettes can resemble traditional tobacco products like cigarettes, cigars, pipes, or even common gadgets like flashlights, flash drives, or pens.

Depending on the device, vapes are either disposable or rechargeable. They may have enough e-liquid for a one-time use or be refillable for multiple uses.

The most popular among teenagers is the Juul, which is a major brand of e-cigarette with refillable pods of flavored e-liquid, the most popular being mint and mango. Using a Juul is often referred to as "Juul-ing". **Each Juul pod contains 5% nicotine, the equivalent of 1-2 packs of cigarettes or about 200 puffs.** This e-cigarette looks similar to a flash drive and can be charged in a laptop's USB port. Due to its size, it emits less vapor than other e-cigarettes, making them optimal for teens to use at school and home.

GOVERNMENT RESPONSE

RECENT FEDERAL AND STATE LAW CHANGES AIM TO REDUCE YOUTH ACCESS TO VAPE AND TOBACCO PRODUCTS.

Congress in December 2019 banned the sale of tobacco and e-cigarettes to anyone under 21 nationwide. The FDA also released a statement instructing companies to stop making and selling fruit and mint-flavored e-cigarette cartridges, as these products are more likely to appeal to younger people than menthol and tobacco flavors.

Utah state prohibits tobacco and vape sales to those under 19, but will move to 21 in July 2020.

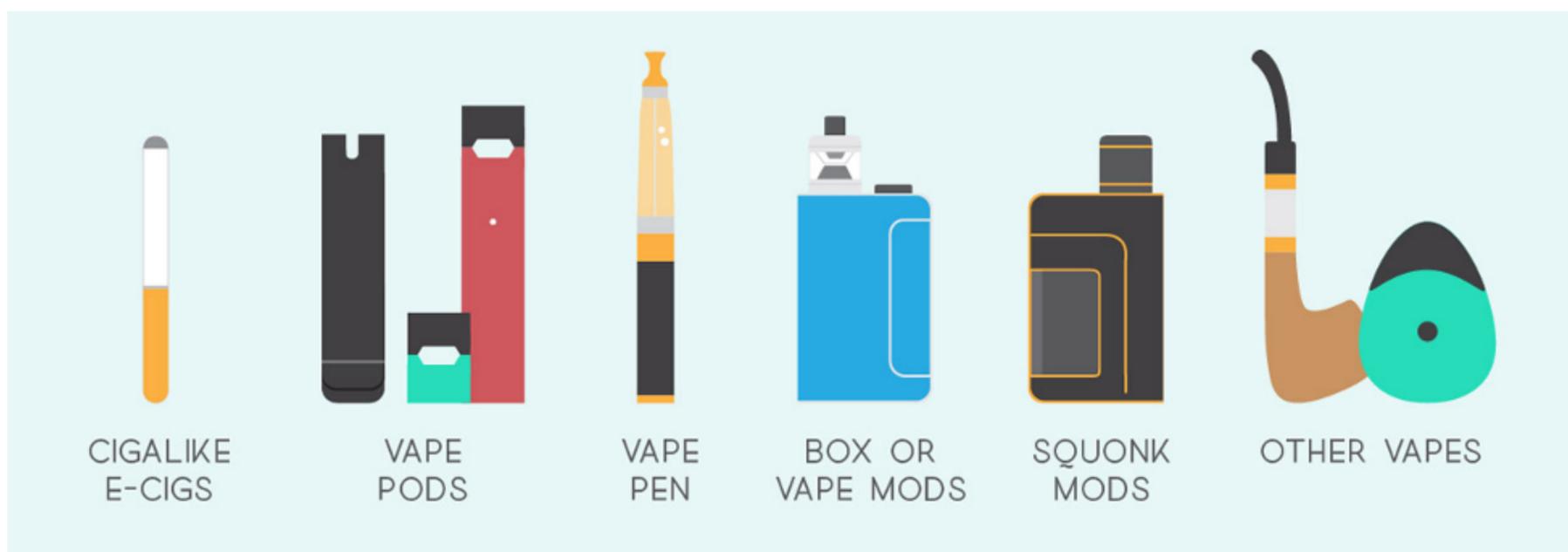
A nationwide ban on many flavored e-cigarette products went into effect in February of this year in an effort to reduce youth vaping. The ban covers a number of kid-friendly flavorings, such as mint, mango and cotton candy, though menthol and tobacco flavorings will remain legal.

However, the ban only applies to specific types of devices: cartridge or pre-filled pod devices, like the ones made popular by Juul. All other devices will be left on the market

One of the many exemptions and loopholes in the new policy, which only restricts flavors for closed-systems, is that it does not apply to refillable cartridges or disposable products. While a step in the right direction, the policy doesn't fix the problem. **Teens now report using primarily disposable flavored vape products, which aren't banned by the new law.**

Puff Bars are a new e-cigarette product which mimics Juul devices but are designed for one-time use only. They come in many flavors appealing to youth, including O.M.G (Orange, Mango, Guava) and Lycheelce, but are not subject to the new federal policy since they are disposable. The cheaper price is appealing to youth, with some priced as low as \$4.60 with up to 7% nicotine (a higher concentration than JUUL) and advertising 200 puffs each. The steep price of JUUL currently serves as somewhat of a deterrent for youth, which can cost up to \$34.99 for a device. **Disposable products may skyrocket in popularity with minors and attract a larger population previously barred by the financial aspect.**

Legislators also continue to struggle regulating online vape product sales to underage users. Minors can easily purchase e-cigarettes on the Internet due to lax protocol on buyer-age verification. Many teens report purchasing devices and refillable pods online, even on Amazon.



HOW TO HELP

Parents heavily influence a teenager's likelihood to vape. Utah state data shows that the more sure teenagers are of their parents disapproval of substance use, the less likely they are to try it. This is a strong argument for the importance of parents establishing strong and clear standards and rules surrounding vaping.

COMMUNICATE EARLY AND OFTEN

Even before you see warning signs of vaping, have frequent, open and genuine discussions about your child's choices. Create a safe, open and comfortable space to talk about how their age group is uniquely at risk for long-lasting effects of any THC or nicotine products. Instead of addressing the issue only once, bring it up frequently to decrease the apprehension towards the subject.



BE INVOLVED, BE PRESENT

A present and invested parent is more likely to see the warning signs and address them early on. Pay attention to your child and be interested in their life; at school, at home, and with their friends. Knowing who their friends are and how they spend their time can help you monitor their wellbeing. Spending time one on one or as a family is extremely valuable and protects your kids from the harmful effects of vaping.

CONVEY EXPECTATIONS

Children and teenagers learn through observation and example. Maintain a patient and supportive attitude as you discuss the risks associated with vaping, both physical, financial and mental. Together, develop specific expectations that should be kept. Set a positive example for your kids by being smoke and vape free. If you need help quitting, reach out to the Utah County quit line at 801-851-7068.

IT'S EASIER TO BUILD STRONG CHILDREN THAN TO REPAIR DAMAGED ADULTS

Learn more at:

utahvalleydpc.org.

parentsempowered.org.

truthinitiative.org.

parentsagainstvaping.org.

e-cigarettes.surgeongeneral.gov

cdc.gov/tobacco/basic_information/e-cigarettes/index.htm



5 Vape Devices on Pg. 4: thin black pen, large black marker, dark grey Juul at the top, white and multicolored pods