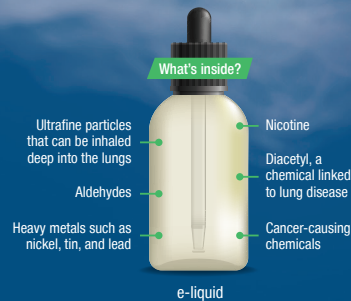


A PARENT'S QUICK GUIDE TO VAPING

What is vaping?

Using an e-cigarette is commonly called vaping. E-cigarettes are electronic devices that work by heating a liquid to produce a mix of small particles in the air called aerosols. The liquid may contain nicotine, THC, CBD, Delta 8, Delta 10 and/or other substances.



Student Data

According to Smokeless Saturday data the most commonly used substances among our participants were:



Devices & Products

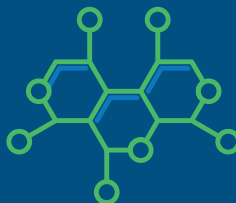
Popular products include those that are disposable, and refillable pod based devices. Brands market using appealing flavors and flashy colors as well as mimic logos of other popular items on the market.



Delta 8 & Delta 10

Delta-8-THC and Delta-10-THC are cannabinoids typically made from cannabidiol (CBD) extracted from hemp. Products can include vapes, gummies and food products. Some of the side effects include:

- rapid heart rate
- anxiety
- memory loss
- slowed reaction times
- trouble with coordination



What you can do

- 1 Talk early and often; ask open-ended questions.
- 2 Support healthy activities.
- 3 Set clear expectations of no use.
- 4 Establish clear consequences.
- 5 It's not your job to be cool.
- 6 Do not provide alcohol or drugs to your teens.
- 7 Pay attention to signs of vape use, such as the presence of unusual devices, sweet smells, and dry mouth and nose.
- 8 Make time for your child.
- 9 Prioritize sleep.
- 10 Intervene early if you suspect use.



Popular Youth Apps

We suggest you become familiar with social media channels that commonly show vape trends or allow for discrete communication.



Resources

Smokefree Teen:
teen.smokefree.gov

My Life My Quit:
mylifemyquit.com/en-US/Enroll-Now
Text Start my Quit to 855-891-9989

The Quitline:
1-800-QUIT-NOW (1-800-784-8669)

SmokefreeTXT:
Text QUIT to IQUIT (47848)

E-Cigarette Quit Program:
Text DITCHVAPE to 88709
Text QUIT to 202-804-9884