

Vaping

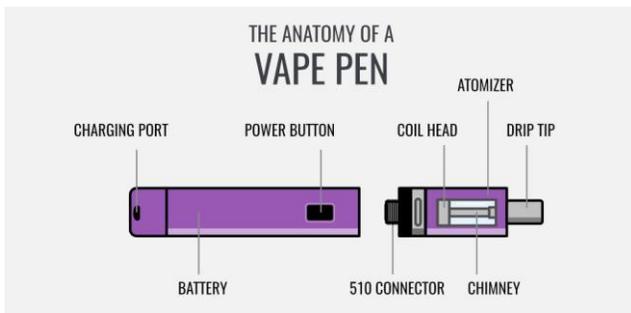


What is it?¹

Vaping is the inhaling of a vapor created by an electronic cigarette (e-cigarette) or other vaping devices. Vaping includes the use of e-cigarettes, vape pens, or MODs (advanced personal vaporizers). These devices release an aerosol, often mistaken as water vapor, that contains particles that are made up of varying amounts of toxic chemicals. Although most commonly used with nicotine, some people use these devices to vape THC (the chemical in marijuana that is responsible for the “high”) or even synthetic drugs.

Generally, a vaping device consists of a mouthpiece, a battery, a cartridge for containing the e-liquid or e-juice, and a heating component for the device that is powered by a battery. When the device is used, the battery heats up the

heating component, which turns the contents of the e-liquid into an aerosol that is inhaled into the lungs and then exhaled.



Effects of Vaping¹

Some of the various effects of vaping include the following:

- Vaping is a gateway to traditional cigarettes (especially for today’s youth)
- Contains a variety of cancer-causing chemicals
- Growing evidence shows that vaping can cause:
 - Damage to brain, heart, and lungs
 - Cancerous tumor development
 - Preterm deliveries and stillbirths
- Risk of addiction

** E-cigarettes and other vaping devices are not FDA approved and offer little consistency across products.

Popularity with Youth

In 2017, 11.6% of high school students in Wisconsin reported current use of an electronic vapor product.³ Why do they find it so appealing? Teens view vaping as a social habit and the “cool” thing to do with their friends. In addition, they are attracted to the wide array of flavoring that is offered for vaping products. Often, teens are unaware that there is nicotine in the vape product they are using. Vape products, such as the JUUL, are relatively easy for teens to get, even with the legal age for purchasing one of these devices being 18.⁴

Juuling²

- ❖ Responsible for 68% of the \$2 billion e-cigarette market
- ❖ Most common e-cigarette for youth
- ❖ Sleek, discreet design that closely resembles a USB
 - Allows youth to hide and use in a variety of places including the classroom
- ❖ Charges on laptop or wall charger in an hour
- ❖ Comes in popular flavors such as cool mint, creme brulee, and fruit medley
- ❖ Has a higher concentration of nicotine than traditional cigarettes and other vape products



Suorin Drop⁵

- ❖ Popularly referred to as the disc
- ❖ It has a flat teardrop shape with a solid feel and grippy coating
- ❖ It has a refillable pod system
 - Filled with flavored e-liquid
- ❖ Device minimizes the chances of a hit that's overly harsh or too dry.
- ❖ Sleek and easy to hide
- ❖ Battery lasts up to 24 hours
 - Recharges in 45 minutes
- ❖ Customizable skins



Different Types of Vapes

VAPE PENS



VAPE MODS

MECHANICAL MODIFIED
NICOTINE DELIVERY
SYSTEMS



E-CIGARETTES



DESKTOP VAPORIZER



For more information about vaping visit:

www.centeronaddiction.org

www.drugfree.org/resources/

[Vaping Parent Guide](http://www.drugfree.org/resources/) from [drugfree.org](http://www.drugfree.org)

www.center4research.org

Resources:

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2. Fraga, J. (2018, December 21). The Dangers of Juuling. Retrieved from <http://www.center4research.org/the-dangers-of-juuling/>
3. Wisconsin Youth Risk Behavior Survey 2017
4. NIDA. (2018, December 17). Teens using vaping devices in record numbers. Retrieved from <https://www.drugabuse.gov/news-events/news-releases/2018/12/teens-using-vaping-devices-in-record-numbers> on 2019, March 21
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