CMSU Vaping Toolkit

**Facts About Vaping**

Tobacco products are not new, but the way that they are used has changed over recent years. Electronic nicotine delivery systems (ENDS) use is on the rise with youth, and the growing numbers are very concerning. Vaping is act of inhaling an aerosol from an ENDS product. These products look like pens, sticks, or USB devices. There are several reasons why they are popular with youth:

* they are battery operated and rechargeable, so you don’t have to light them
* more easily carried around and hidden, they can easily be seen as pens or USB devices
* the many flavors offered are attractive to youth
* misconception that these are safe to use
* misconception that they don’t contain nicotine, and can’t be addictive

The reality is that most of these devices do contain nicotine, and they can be addictive. Using these products is not only physically addictive because of the nicotine, but also psychologically addictive as you get used to the routine of using them. Youth are more susceptible to addiction because our brains are still developing through the age of 25, and teen brains are “under construction” during these important years.

**How to Talk about Vaping**

Tobacco and vaping products are ever changing, but what doesn’t change is the harm that they can cause. It is important to have the provide information about these products with youth. It is not always easy, here are some tips to help start the conversation.

* Set a positive example by being tobacco free.
* Start the conversation. The time to approach the subject can come at any time, so take advantage of any opportunity to talk about vaping
* Gather information for yourself before you address the topic so that you are aware of current facts and trends
* Listen to them. Ask open ended questions, and allow them to tell you what they think. Be patient and try to avoid lectures.
* Let them know that you care about them and are concerned about the impact that tobacco/vaping may have on their lives.
* Get support when needed. You don’t have to have all of the answers, reach out when you need support.

Visit these helpful sites and download tip sheets:

<https://www.lung.org/quit-smoking/vape-talk>

<https://drugfree.org/article/how-to-talk-with-your-kids-about-vaping/>

<https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf>

**Information about Vaping**



<https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html>

For basic information about e-cigarettes and vaping, as well as the health effects, risks, marketing and resources to help teens and adults quit.

<https://e-cigarettes.surgeongeneral.gov/>

Information provided by the U.S. Department of Health and Human Services, the Office of the U.S Surgeon General and the U.S. Centers for Disease Control and Prevention, Office on Smoking and Health. This website includes Surgeon General report, trends, risks, and resources for teens and parents.

<https://drugfree.org/drug/e-cigarettes-vaping/>

Partnership for Drug-Free Kids is a national nonprofit committed to supporting the whole family as they address every aspect of substance use and addiction, from prevention to recovery. This website provides information about substances, addiction, recovery and support.

**Resources to Quit**

 [www.mylifemyquit.com](http://www.mylifemyquit.com) Call or text “Start” to 855-891-9989

This is a free and confidential service for teens wanting to quit tobacco/vaping. They provide phone, text and online chat options with a coach that will help them develop a quit plan with continued support. They also provide resources for parents, educators, community partners and healthcare workers.

 <https://truthinitiative.org/thisisquitting>

This is Quitting is a free mobile program from Truth Initiative designed to help young people (ages 13 to 24) quit vaping. It is a text messaging program that sends tips and strategies to quit, as well as messages from other young people like them who have attempted to, or successfully quit, e-cigarettes. Teens and young adults can join for free by texting DITCHJUUL to 88709

 <https://www.lung.org/quit-smoking/helping-teens-quit>

The American Lung Association provides resources to help educate, intervene and prevent teen use of tobacco and vaping products. They offer education information and cessation resources.

* Not On Tobacco (N-O-T) <https://www.lung.org/quit-smoking/helping-teens-quit/not-on-tobacco>
	+ Teen tobacco and vaping cessation program
* INDEPTH <https://www.lung.org/quit-smoking/helping-teens-quit/indepth>
	+ Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH) is a tool for schools to use with students

 <https://teen.smokefree.gov/>

Smokefree.gov was created by The National Cancer Institute (NCI) to help people quit smoking. It’s a part of the U.S. Department of Health and Human Services’ efforts to reduce smoking rates in the United States. It offers SmokefreeTXT, DipfreeTXT, quickSTART app, or you can speak to an expert.