

Quick Facts About Vaping



The Red Ribbon Campaign has partnered with the Lung Love Foundation in order to bring you the facts about the dangers of vaping.

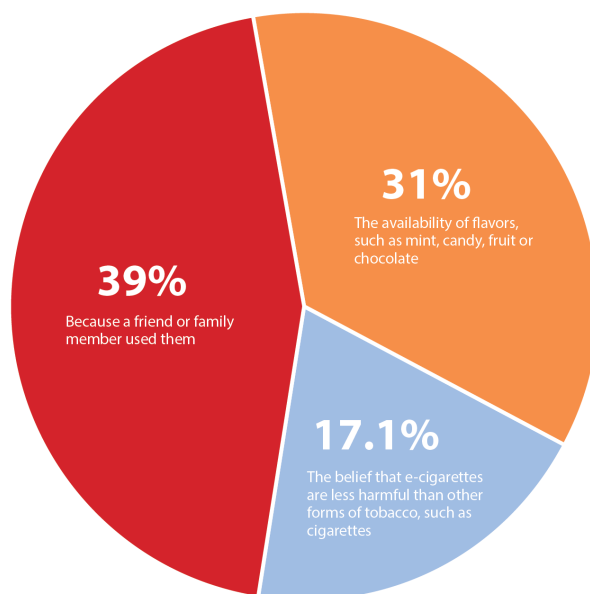
Why Vaping Is Dangerous

Most e-cigarettes contain nicotine which is highly addictive. Pleasure caused by nicotine's interaction with the reward circuit motivates some people to use nicotine again and again, despite risks to their health and well-being. Because the brain undergoes critical development in the teen years, nicotine exposure during adolescence can be harmful to the developing brain. Teens who use nicotine products are uniquely at risk for long-lasting effects. Vaping can also cause an increase in blood pressure, heart rate, flow of blood to the heart and a narrowing of the arteries.

Why Do Teens Start Vaping?

E-cigarettes release chemicals in your brain which causes a pleasurable high. What started as casual use, can quickly turn into an addiction. The Centers for Disease Control and Prevention and the Food and Drug Administration examined self-reported reasons for using e-cigarettes among middle and high school students using data from the 2016 National Youth Tobacco Survey. The report found that, among students who used e-cigarettes in 2016, the most common reasons were:

- *Because a friend or family member used them (39 percent)*
- *The availability of flavors, such as mint, candy, fruit or chocolate (31 percent)*
- *The belief that e-cigarettes are less harmful than other forms of tobacco, such as cigarettes (17.1 percent)*



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Signs That Someone Is Hiding Vaping

Know the signs. How do you know if your child is vaping? There are several signs to look for. Are they taking frequent bathroom breaks? Does the room they just left have a fruity smell to it? Does your child get anxious when he or she is not able to take a bathroom break? All of these things can indicate a vaping addiction.

How To Talk To Your Child If You Think He Or She Is Vaping

Start by asking questions. Ask them what they know.

Be ready to listen. They may say, "It's harmless -- it's just flavored water vapor," but it's not and you'll share more about that.

Tell them about the dangers. Vaping puts you at risk of exposure to many harmful chemicals. These chemicals can cause cancer and harm almost every organ in your body. Teens are especially sensitive to nicotine's addictive effects because their brains are still developing and this makes it easier to get hooked. Using nicotine at a young age can also rewire your brain to become more easily addicted to other drugs.

Scientists have also identified several harmful compounds in e-cigarettes, such as propylene oxide, that can irritate the eyes, skin, respiratory tract, and depress the central nervous system.

You can **be a good role model.** Set a positive example by being vape and tobacco-free.

Quitting Resources

Teen.Smokefree.Gov has a free smartphone app that helps you quit smoking with tailored tips, inspiration, and challenges. The quitSTART app helps you: Create your own Quit Kit with customized tips and materials. The app is available to download on Apple and Android devices.



To learn more about the Red Ribbon Campaign, visit www.redribbon.org

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To learn more about the Lung Love Foundation, visit www.lunglovefoundation.org

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