

# E-cigarettes and Vaping: Tips for Parents

## The Basics

- E-cigarettes produce a vapor. Using an e-cigarette is called vaping.
- Most e-cigarettes do not look like cigarettes. Some look like pens or small handheld flashlights. They come in many different colors and designs, and some are decorated with things like sequins.
- Teens typically call them egos, vape pens, or e-hookah rather than e-cigarettes. Often teens don't realize these are all types of e-cigarettes.
- It is illegal to sell e-cigarettes to anyone under the age of 18 in Washington State. Often teens get tobacco products from other people.
- Studies shows e-cigarettes contain harmful chemicals and those labeled as having no nicotine contained nicotine. <sup>1</sup>
- E-cigarettes are currently unregulated by any government health or safety agency.

## The Teen Brain and Nicotine

- Most e-cigarettes contain nicotine, which is the same drug that makes cigarettes addictive. Teens can become addicted to nicotine quickly. <sup>2</sup>
- Nicotine changes the way the teen brain works which can negatively impact learning. <sup>3</sup>
- 90 percent of all drug addictions start in the teen years. <sup>4</sup>

## E-cigarettes and Drug Use

- E-cigarettes can also be used to vape marijuana and other drugs.
- Marijuana oil can be vaped, which nearly eliminates the odor, making it difficult to detect.

## Parents Matter. Talk Early. Talk Often.

- You are the #1 influence in your child's life.
- Research shows that teens who have conversations with their parents and learn the risks of using drugs are **50% less likely** to use them.
- Talk early and often.
- Set clear expectations.
- Discuss rules and enforce reasonable consequences.



Read more about talking with your teens at:

<http://www.drugabuse.gov/family-checkup>

1. Summary of Results: Laboratory Analysis of Electronic Cigarettes Conducted by FDA. <http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm173146.htm>
2. WA State Dept of Health. Electronic Cigarettes and Vaping. January 20 2015.
3. John Hopkins Bloomberg School of Public Health. Effects of Tobacco, Alcohol and Drugs on the Developing Brain. December 18 2014.
4. The National Center on Addiction and Substance Abuse at Columbia University. Adolescent Substance Use: America's #1 Public Health Problem, June 2011.



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