

Tobacco and Vaping Trivia Time: Get informed. Get talking.

Sharing the facts about vaping with your teen is the name of the game.

Did you know that despite what you may see on the news, **most Colorado teens don't use nicotine or vaping products?** It's true!

However, **talking about tobacco and vaping with your teen(s) can help them understand the issue, feel safe coming to you, and prevent them from using it when offered.** We're here to help you learn!

What Do Vapes Contain?

Vape devices have a liquid inside called "e-juice." This liquid can have not-so-good stuff in it, like:

- Nicotine, which is addictive and can affect brain development in teens.
- Vape concentrate, which can be poisonous. Flavors that are fruity, minty, or taste like candy, but have negative health effects.
- Heavy metals like nickel, copper, and lead. Other harmful chemicals like:
 - Propylene glycol – also used to make things like antifreeze, paint solvent, and artificial smoke in fog machines.
 - Carcinogens – chemicals known to cause cancer.
 - Benzene – a chemical also found in car exhaust.



What is Vaping?

Vaping means inhaling vapor from a device with a liquid called "e-juice," often with nicotine. Devices have different names like e-cigarettes, JUUL, cigalikes or vaporizers. The liquid turns into vapor when heated, and users can choose refillable or pre-filled e-cigarettes designed for single use. After a set number of puffs, users discard the device.

What Do Vapes Look Like?



Vapes come in many different shapes and disguises. Some common items to look out for are:

- Small, pen-like devices with a mouthpiece and a button.
- Anything that looks like a regular pen but is not for writing.
- Slim devices that look like USB drives.
- Markers, highlighters, or pens that double as vape devices.
- Anything that looks like a cigarette but doesn't burn like one.
- Small, colorful devices with a mouthpiece.
- Some vape companies make vapes that look like highlighters and even write like them.

Effects of Vaping

Vaping has negative health effects, especially for youth who are still growing.

- **Breathing Troubles:** Vaping can make it harder for teens to breathe and may lead to coughing and wheezing.
- **Nicotine Addiction:** Teens can get addicted to nicotine, making it tough to quit.
- **Brain Effects:** Vaping can harm a teen's growing brain, affecting memory, learning, and mood.
- **Unknown Dangers:** Scientists are still studying the effects of vaping, so there may be other risks we don't know about yet.

Signs to Look Out For

Some things parents can look out for are:

- **Mood Changes:** Increasing anxiety, irritability, or trouble remembering things.
- **Changing Social Habits:** Becoming isolated/withdrawn from their favorite activities and hobbies.
- **Respiratory Issues:** Coughing that won't go away or shortness of breath.
- **Financial Changes:** Borrowing more money or going through money you give them more quickly than usual.
- **Mystery Smells:** Smelling faint but distinctive odors, especially with flavored liquids.

Remember, these signs don't guarantee your teen is vaping, but if you notice several of them, it's a good reason to talk and find out more. Have a conversation with your teenager to understand what's going on and address any worries you might have.

Talking about substance use such as tobacco/vape does not make it more likely for young people to try drugs or start vaping.

Knowing about the risks can help keep them safe.



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