

Child and Adolescent Behavioral Health

C&A Cares Newsletter

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A 2017 study found that 6.3 percent of 14-year-olds and 9.3 percent of 16-year-olds were vaping. Vaping (E-cigarettes) is quickly becoming the latest addiction for students in middle and high school. Vaping has the potential to cause health issues for adolescents. This newsletter will provide information on e-cigarettes and how a device works.

How does a vaping device work?

Many parents are unfamiliar with vaping or what the devices look like or how it works. It is important to have a basic understanding in order to know if you come across a device in your home.

Vaping is the use of electronic cigarettes to inhale vapors nicotine, marijuana (THC oil, leaves) or general flavorings. To vape is to inhale vapor created from a liquid heated inside a device.

With a cigarette, one uses a lighter to light the cigarette and puffs on the other end of the cigarette. An e-cigarette has been touted as a safer way to quit or cut down on smoking but doctors say the battery-powered devices sometimes explode causing injuries. A vaping device has LED light that glows on some devices when the user inhales. There is a battery in the device. A switch activates the heating element on some devices. There is a microprocessor slightly above the switch that is attached to a heating element. This heating element changes the "juice" into a vapor that is inhaled. A cartridge holds the solution of dissolved nicotine and propylene glycol called "the juice." The user then inhales through the mouthpiece.

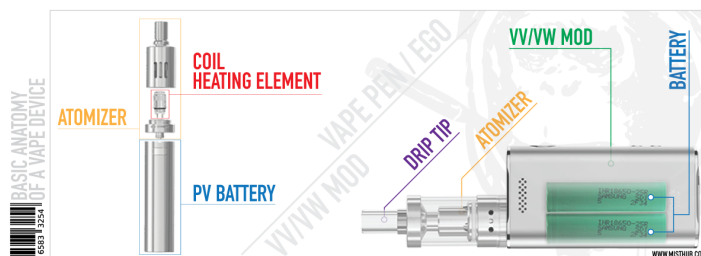
Conversation starters if you suspect your adolescent is vaping.

If you suspect or find evidence of your child vaping, here are some conversation starters:

1. I read an article today about vaping, do you know what vaping is?
2. My friend was telling me that her kids are getting peer pressured at school to vape. Have you felt pressured to vape?
3. My friend told me she found a vaping device, and that made me wonder, do you know what a an e-cigarette device looks like?

After asking these questions, here are some response tips.

1. If your child is being peer pressured, thank them for sharing information with you. Respond by saying, "I know peer pressure can be hard."
2. Ask additional questions, listen to the answers, but don't judge or criticize.
3. Have ongoing conversations during relaxed, low pressure moments.
4. Keep touch points quick and look for teachable moments.
5. If your teenager asks a question and you do not have the answer, let them know and you will figure it out together.



The Vaping Device

There are more than 460 different types of e-cigarette brands on the market. There are e-pipes, e-cigars, large size, medium size, rechargeable and disposable. These devices go by many different names - vape pen, pod mods, tanks, electronic nicotine delivery devices, e-hookahs, e-cigarettes and vaporizers. Some of the more common devices are listed below to help familiarize yourself and see the appeal to kids and adolescents.

A Pod systems - these are equipped with cartridges that contain the coil, wick and e-juice. This is an inexpensive device.

The Juul - the name Juul was chosen because it evoked both a precious stone and the amount of energy required to produce one watt of power for one second. Kids can purchase Juuls in bulk on eBay and Amazon with prepaid debit cards. These pods look like USB drives and can be charged via USB ports. A Juul pod contains 40 mg of nicotine, which is similar to a nicotine yield of a pack of cigarettes."

Cannabis vaporizers and pens - these are quickly becoming one of the most popular consumption methods. A dab pen is a vaporized pen specifically designed to vape cannabis concentrates such as dry plants, oils or wax.

Vap Mods - *mods* is short for modification. Mod can refer to any number of adjustments that make the device more powerful or functional in some way.

Today, adults and kids can build a custom mod. A custom mod is a one-of-a-kind mod that reflects personality. Some people use a stealth vape, which could look like a pen, sharpie or pencil. Vapers have been very creative as they design sneaky ways to vape undetected.

A Sourin - is discrete and easy to operate. The device is quiet and does not generate a cloud.



Understand why your child is vaping

Most kids start vaping due to curiosity, because friends and family vape; appealing flavors; to do vape tricks; or because they think it's cool or want to fit in. Over time, vaping can become habit-forming as kids use it to address other needs such as relief from boredom and anxiety. Some may become addicted to nicotine and continue vaping to avoid withdrawal symptoms. Withdrawal symptoms may include strong cravings, irritability, difficulty concentrating, anger or insomnia.

If your child is vaping, consider asking why? How does this make you feel?

After listening to their answers, if you do not approve, set clear expectations, choose to set consequences and then follow through. The punishment should not be too harsh, punitive or long-lasting. At the same time, try to encourage and reward healthier choices and ensure your child has other means of having fun, feeling cool, fitting in, alleviating stress and addressing stress or depression.





If your child is struggling with vaping addiction, please contact C&A's Dr. Karita Nussbaum at 330.433.6075.



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