

COVID-19 and Beyond TIPS for Parents

Preventing Youth Tobacco Use (Cigarettes and Vaping)

What are vaping devices and e-cigarettes?

- Vaping devices are battery-operated devices used to inhale an aerosol which typically contains nicotine, flavoring, and other chemicals
 - Also called juuls, e-cigarettes, e-vaporizers, vape pens, vapes, mods
- Vaping devices might look like an actual cigarette, a pen, or even a USB memory stick
- Vaping devices are now the most commonly used form of nicotine among youth in the United States
- For many years, it was believed that e-cigarettes only produced water vapor, but it actually produces an aerosol
- Many of the same chemicals and toxins found in cigarettes can also be found in the aerosol that vaping produces

Is vaping safer than smoking?

- Early research suggests that teens who vape are at greater risk for smoking cigarettes in the future
- Most research on adult smokers has not demonstrated that vaping is a successful long-term solution for smoking cessation
 - The FDA has not approved e-cigarettes for use as a smoking cessation tool
- More research is needed to understand the full effects of the chemicals and carcinogens found in aerosols
- Using nicotine, whether from a cigarette or vaping, affects the development of the brain's reward system
- Nicotine use during adolescence affects the development of parts of the brain that control attention & learning
- Nicotine can increase heart rate, increase acid reflux, cause insulin resistance, or even impact reproductive organs

What can you do?

- Set an example-choose not to vape or smoke and don't allow others to smoke or vape near your children
- Discuss the risks and help your children analyze commercials, TV, and movies that feature smoking or vaping
- Strongly disapprove, even if you smoke or vape yourself
- Define rules and consequences regarding nicotine, alcohol, or other drugs

This TIP is presented by Leah Kalk, MA, LCPC, Director of RADAR, Boise State University
The partner video can be found at <https://www.boisestate.edu/radar/events-trainings-presentations/>