

VAPING

WHAT PARENTS NEED TO KNOW

Vaping, or the use of electronic cigarettes, has become very popular with young people. In fact, one-third of high school seniors report having tried a vape at some point.



WHAT IS A VAPE?

A "vape" is a nicotine vaporizer. A vape can be small, discreet, and odor-free. Vapes often resemble USB flash drives or pens, and popular brands, such as Juul (pronounced "jewel"), are available online and at most convenience stores.

Nicotine is delivered through replaceable pods or tanks of liquid nicotine. The liquid nicotine is often flavored and smells fruity or sweet when exhaled. One pod can have as much nicotine as 20 cigarettes. A vape can also be used for marijuana.

WHY ARE THEY POPULAR?

- ▶ Many young people don't know that vapes contain nicotine—or they think vaping is a safer alternative to smoking cigarettes.
- ▶ Vapes come in a variety of flavors, like cherry, cotton candy, watermelon, and butterscotch. The variety of flavors is especially appealing to young people.
- ▶ Vapes are a more discreet way to consume nicotine or marijuana. They are small and can easily fit in a pocket or purse. They also do not leave a smoky smell in the air or on clothes.

ALCOHOL

WHAT PARENTS NEED TO KNOW

Simply put, underaged drinking is a dangerous practice that has many risks. Go over the facts and risks with your teen and talk about how he/she can "say no."

THE FACTS

- ▶ Every year there are over 100,000 alcohol-related emergency room visits by people aged 12-21.
- ▶ Drunk driving kills 10,000 people each year.
- ▶ Underaged drinking is illegal, and young people who drink often face legal consequences (e.g., arrest, fines). If found drinking and driving, the consequences can be very serious.



THE RISKS

Underaged drinking is associated with higher risks of:

- ▶ Physical and sexual assault
- ▶ Memory issues
- ▶ School absences and lower grades
- ▶ Disruption of normal physical growth
- ▶ Disruption of brain development
- ▶ Long term health risks, including high blood pressure, stroke, liver and heart disease

BINGE DRINKING

This is when an individual consumes four or more drinks in about two hours. 90% of underaged drinkers engage in binge drinking. *Binge drinking makes the risks of consuming alcohol even more dangerous. Talk to your teen about the dangers of binge drinking.*

TOBACCO

WHAT PARENTS NEED TO KNOW

Even though tobacco use among young people is down, more than 600,000 middle school students and 3,000,000 high school students still smoke.



THE FACTS

- ▶ Tobacco products contain nicotine, a highly addictive substance. Because nicotine addiction happens faster in young people, occasional smoking can quickly turn into a full-blown habit.
- ▶ 1,200 people die from smoking every day. For every one of those deaths, at least two young people start smoking.
- ▶ 90% of smokers start smoking before they're 18.
- ▶ By age 26, almost all occasional smokers become daily smokers.

THE RISKS

- ▶ Smoking reduces lung function and growth. Damage from smoking while you're young is permanent, often resulting in lungs that will never reach full growth capacity.
- ▶ Smoking causes irreparable cardiovascular damage. One-third of young smokers will die prematurely from this damage.
- ▶ Smokers are 2-4 times more likely to die from a stroke, and 25 times more likely to die from cancer.
- ▶ Smokeless tobacco can cause oral, throat, and pancreatic cancer, heart disease, and tooth loss.

MARIJUANA

WHAT PARENTS NEED TO KNOW

Marijuana is the most commonly used drug among young people. A quarter of teens report using marijuana.



EFFECTS

Many young people use marijuana because they believe it's harmless. Make sure your teen is aware of the following short and long-term effects of marijuana.

- ▶ Short-term effects: impaired body movement, increased heart rate, difficulty thinking and concentrating, delusions, hallucinations, and paranoia
- ▶ Long-term effects: impaired memory, thinking, and learning; decreased verbal ability; and irritated lungs leading to breathing problems and an increased risk of lung infections

NEW DANGERS

Be aware of the following new, and dangerous, trends involving marijuana use.

- ▶ **Synthetic marijuana** ("spice" or "fake weed") can cause severe side effects, such as psychosis, violent behavior, vomiting, and more. Synthetic marijuana can be purchased at convenience stores and more, making it very easy to get.
- ▶ **Marijuana vapes** (electronic cigarettes) are popular among young people. They do not emit a strong smell, but sometimes can have a faint burning or soapy smell. "Bootleg" marijuana vapes have been linked to several deaths.

OPIOIDS

WHAT PARENTS NEED TO KNOW

Opioids are extremely addictive and dangerous. More than 130 Americans die from an opioid overdose every day.



THE FACTS

Opioids include illegal drugs like heroin, as well as prescription painkillers like oxycodone (Oxycontin), hydrocodone (Vicodin), morphine, fentanyl, codeine, and more.

PRESCRIPTION OPIOIDS

Opioids are commonly prescribed for pain following surgery. Prescription opioids are also the most commonly misused drugs in the country. Taking opioids recreationally (when not needed for pain) can lead to addiction very quickly, **and an addiction to opioids can quickly lead to an overdose and death.**

HEROIN

Heroin is an illegal opioid made from morphine that is injected, snorted, or smoked. Like prescription opioids, heroin is addictive and extremely dangerous. Many heroin addicts began their opioid addiction by misusing prescription painkillers—and then moved on to heroin when they no longer had access to prescription pills.

Fentanyl (a prescription painkiller almost 100 times more powerful than morphine) is sometimes added to heroin to make it even more powerful. 59% of overdose deaths involve fentanyl.

DRUG MISUSE

WHAT PARENTS NEED TO KNOW

Many young people are using medications and substances for reasons other than their intended use. The following are some of the items most commonly misused.



PRESCRIPTION PAINKILLERS

Using prescription painkillers like Vicodin and Oxycontin can quickly turn into a dangerous opioid addiction. *More than 130 people die from an opioid addiction every day.*

ADDERALL

Adderall is an amphetamine prescribed to treat Attention-Deficit/Hyperactivity Disorder (ADHD). Using Adderall when you don't need it can result in loss of appetite, memory loss, aggression, anxiety, confusion, and depression.

COLD MEDICINE

Taking cold medicine to get high can cause memory loss and dissociation (feeling detached from reality). Most importantly, taking a dose large enough to feel high borders on overdose levels, which can lead to death.

INHALANTS

Breathing in fumes from paint, markers, glue, aerosols, or cleaners is called "huffing." It can cause vomiting and slurred speech, as well as long term brain, liver, and kidney damage.

Many of the above can be found around the house. Be sure to keep track of these items.