

Youth Vaping and Flavored Tobacco Educational Packet for Students

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E-cigarettes & Vaping What Teens Should Know

As the trusted champion for lung health, we are committed to creating a tobacco-free future and saving lives. We have helped a million people quit smoking, advocated for smokefree public spaces and worked to achieve tobacco regulation to protect public health.

Today's threats to lung health include what the U.S. Surgeon General has called a youth vaping epidemic. We are moving swiftly to bring medical expertise to the conversation, create new programs for teens and schools, advocate for federal regulation and help people end their addiction to vaping.

Because, when you can't breathe, nothing else matters®.

What are e-cigarettes?

Electronic cigarettes, or e-cigarettes, include vapes, hookah pens, or JUULs. They heat an e-liquid or e-juice that often contains nicotine. E-cigarettes are inhaled like regular cigarettes and produce an aerosol cloud of chemicals.

Is there a difference between e-cigarettes and JUULs?

- No. JUULs may look different, but they're actually a type of e-cigarette.

Every JUUL pod contains highly addictive nicotine, roughly as much nicotine as an entire pack of cigarettes. JUUL does not make any nicotine-free pods.

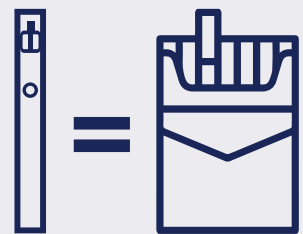
- The aerosol cloud produced by a JUUL might not look as thick as other e-cigarettes or regular cigarette smoke, but it still contains many of the same chemicals and has the same health risks.

Aren't e-cigarettes less harmful than traditional cigarettes? Isn't it just water vapor?

- The aerosol produced by e-cigarettes isn't water vapor and it isn't harmless.

The aerosol inhaled from e-cigarettes and JUULs is often a mixture of harmful chemicals like nicotine, formaldehyde—which is known to cause cancer—and acrolein—which is used as a weed killer and can cause irreversible lung damage.

- E-juice and JUUL pods flavored like fruit, mint or other treats carry the same health risks as the unflavored products. Also, the flavorings are made up of chemicals that are not safe to be inhaled into the lungs.



One JUUL pod contains as much nicotine as a pack of cigarettes.



In 2019, the legal age of smoking and vaping was raised to 21 across the country. This means that anyone under age 21 cannot buy cigarettes or e-cigarettes, including JUULs.



What are the health risks of vaping?

- Nicotine is highly addictive and exposure during adolescence can harm your developing brain and affect memory, concentration, learning, self-control, attention and mood.
- Youth who vape are more likely to go on to use traditional cigarettes.
- In the short term, e-cigarette aerosol can irritate your lungs, throat and eyes. It can also make it more likely that you'll catch colds or get the flu.

Is it legal for teens to vape or buy e-cigarettes?

- Many schools have added e-cigarettes to their tobacco-free school policies and the consequences for using them on school grounds are often the same as smoking cigarettes.

Can e-cigarettes help someone quit?

- No e-cigarette has been found to be safe and effective to help people quit smoking.
- If you know someone who wants to quit smoking, they can call **1-800-LUNGUSA (1-800-586-4872)** or visit **Lung.org** to learn about quitting safely.



Contact your local American Lung Association office for information on youth leadership groups and other youth tobacco initiatives.

1-800-LUNGUSA
Lung.org

Quitting E-cigarettes

E-cigarettes are electronic, handheld devices that heat e-liquid. E-liquid contains nicotine and other compounds. When heated, e-liquid turns into an aerosol (vapor) that users inhale.¹

Types¹



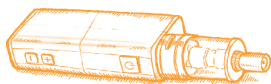
Ciga-likes

Disposable and refillable devices similar to regular cigarettes in size, weight, and how they look



Personal vaporizers

Refillable devices with tanks and batteries of different sizes that allow users more control over nicotine levels and puff volume



Mods

Devices that can be altered, like switching out the mouthpiece or battery, or devices made from things like soda cans or breath mint tins

What's in e-cigarettes?¹

- E-cigarettes do not use tobacco; they use small cartridges or refillable tanks of e-liquid
- E-liquid often contains nicotine, flavoring, and other things like propylene glycol and vegetable glycerin

How do e-cigarettes work?²

- Users puff on the device
- A sensor detects the puff and sends a signal to the battery
- The battery turns on a mini-heater which heats the e-liquid
- An aerosol is created, which is inhaled and then exhaled
- The exhaled aerosol looks similar to tobacco smoke
- Nicotine is absorbed mostly through the lining of the mouth and throat

Are e-cigarettes approved as a quitting aid?³

E-cigarettes are not currently approved by the US Food and Drug Administration (FDA) or included in the U.S. Public Health Services Clinical Practice Guideline for treating tobacco use and dependence

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Quitting E-cigarettes

There are lots of reasons why people may want to quit using e-cigarettes:

- Feeling addicted to nicotine
- Feeling pressure from family or friends to quit
- The cost of e-cigarettes
- Effects of nicotine on the body:⁴
 - Increase in heart rate
 - Increase in blood pressure
 - Narrowing of blood vessels
 - Increased risk for heart attack or stroke

5 Tips to Help You Quit

1. Find your motivation: Why do you want to quit e-cigarettes?

- Write down your main reasons.
- Remind yourself why you are quitting.

2. Know your triggers: What makes you want to use e-cigarettes?

- Write down the times when you really like vaping.
- Triggers include driving, being bored, drinking alcohol, feeling stressed, and being around others who are using e-cigs.

3. Make a plan to handle your triggers: What can you do instead of vaping?

- Change your behaviors – do other things like deep breathing, chewing on a straw, drinking water, & avoiding places where you usually vape.
- Change your thoughts – remember your reasons to quit, tell yourself e-cigs are not an option, and give yourself credit for quitting.

4. Set a quit date: What day might work best for you?

- Choose a day that is more or less stress-free.
- Mark the date and commit to quit.
- It's important to give it a try.

5. Keep trying: What if you don't make it this time?

- It can take multiple tries to quit for good.
- You never know which time will stick – if you keep trying you WILL do it!

¹ US Food and Drug Administration (2017). Vaporizers, E-Cigarettes, and other ENDS. Retrieved on 6/12/2017 from <https://www.fda.gov/TobaccoProducts/Labeling/ProductsIngredientsComponents>

² ANNALS of The New York Academy of Sciences (2017). Are E-cigarettes a Safe and Good Alternative to Cigarette Smoking? Retrieved on 6/12/2017 from <http://onlinelibrary.wiley.com/doi/10.1111/nyas.12609/epdf>

³ US Food and Drug Administration (2017). Is It Really FDA Approved? Retrieved on 6/13/2017 from <https://www.fda.gov/forconsumers/consumerupdates/ucm047470.htm>

⁴ Tobacco Free CA (2017). Nicotine Isn't as Harmless as You Might Think Retrieved on 6/12/2017 from <http://tobaccofreeca.com/e-cigarettes>



TEEN PROGRAMS

Not On Tobacco®

The Not On Tobacco® group (N-O-T) is the American Lung Association's voluntary smoking cessation program for teens ages 14 – 19. Over the 10-week program, participants learn to identify their reasons for smoking, healthy alternatives to tobacco use and people who will support them in their efforts to quit. Visit Lung.org, call 1-800-LUNGUSA (1-800-586-4872) or email NOT@Lung.org to learn more.

Smokefree Teen

Smokefree Teen is a web-based program designed and run by the National Cancer Institute to help you understand the decisions you make - especially the decision to quit smoking - and how those decisions fit into your life. Visit teen.smokefree.gov to learn more or sign up for this free program.

Smokefree TXT

Smokefree TXT is a mobile text messaging program that provides 24/7 tips, advice and encouragement to help you quit smoking. To sign up for SmokefreeTXT, simply text QUIT to IQUIT (47848). This free program is designed and run by the National Cancer Institute.

1-800-QUIT-NOW

The quitline is a free service that offers one-on-one immediate support. It is staffed by quit smoking coaches who can provide you with helpful information, advice and support as they walk you through a step by step plan to quit. To sign up or for more information, call 1-800-QUIT-NOW (1-800-784-8669).

QuitSTART App

This QuitSTART is a free app made for teens who want to quit smoking. This app takes the information you provide about your smoking history and gives you tailored tips, inspiration and challenges to help you become smokefree and live a healthier life. This app is free for download on iTunes and Android. This free program is designed and run by the National Cancer Institute. For more information, visit teen.smokefree.gov.

Truth Initiative E-Cigarette Quit Program

To access the new e-cigarette quit program, users can text "DITCHJUUL" to 88709. Users can also enroll in This is Quitting or BecomeAnEX®, free digital quit programs from Truth Initiative that integrate the text program. For more information on the text-based e-cigarette quit program from Truth Initiative, visit truthinitiative.org/quitecigarettes or text "QUIT" to (202) 804-9884.

**You Can
Quit Vaping.
We Can Help!**



**CALIFORNIA
SMOKERS' HELPLINE** 
1-844-8-NO-VAPE

QUIT VAPING FREE SERVICES

No Vape Mobile App

novapes.org/app

...

Telephone Coach

1-844-8-NO-VAPE

Online Chat

chat.novapes.org

Mon thru Fri 7am–9pm • Sat 9am–5pm

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Text Program

text **Quit Vaping**
to 66819

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for more information

novapes.org

