

PREVENTION TALKS: TOBACCO & VAPING

May 2023 | Vol.1

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What is a vape?

Conventional smoking with tobacco products has decreased throughout the years, as the side-effects became more evident. However, many companies have switched from advertising tobacco products to a proclaimed "safer" alternative known as e-cigarettes or vapes. Vapes are devices that when used causes the user to inhale an aerosol. The aerosol consumed contain chemicals being produced from the heating of the device along with Nicotine. Nicotine is an addictive compound which harms the respiratory system and is associated to many health risks. Vaping products often times contain flavoring with is used to captivate younger populations and increase appeal.



What is a Tobacco?

The leaves of the tobacco plant are dried and used in a variety of products, such as cigarettes and chewing tobacco. These leaves contain nicotine which as previously mentioned is a highly addictive chemical. Nicotine is also known to be a main ingredient that causes people to develop a dependence on tobacco and e-cigarettes (vapes).

How to identify Vapes:

Vapes tend to have 4 main parts to them:

- A cartridge (also referred to as a pod), which holds the liquid containing chemicals and flavoring
- A power source, like a battery
- A way to heat the liquid in the cartridge
- A mouth piece that allows the user to inhale the aerosol.

Different companies will produce different looking vapes. Some common models may look resemble a cigarette, pen, or usb stick. Be aware that some teenagers will disassemble their vapes to hide them, so they may be in separate parts.



Prevention Talk Tips

One of the best ways to prevent your teenager from smoking/vaping is by having open ongoing conversation. By having frequent but brief conversations, your teen can become better aware and knowledgeable on the risks of using substances.

Some tips on how to have these conversations are:

- Educate yourself
 - One of the biggest tips on making these prevention talks easier is to educate yourself on the subject matter.
- Avoid lecturing
 - Instead of sounding like you are blaming your teen for potentially wanting to vape/smoke, instead guide them to the right information. Ask them their opinions, what they know about the subject and why they may find them desirable.
- Share resources
 - If during your research you found websites or videos that helped you understand the subject better, share the links with your teen. Follow-up to ensure they reviewed the materials.
- Assure them you are always here to talk
 - Always end your conversations by assuring your teen that they can always come to you if needed, that you love them, care about their safety.

For more information please visit:
Vaping Devices DrugFacts | National Institute on Drug Abuse (NIDA) (nih.gov)

Upcoming Events:

Active Parenting Classes:

Beginning June 8th, 2023

To register, contact the Prevention Department by calling 239-263-4013

Vaping Myth or Fact:

"Vaping is safe"

- **MYTH:** Vaping has led to many cases of lung injuries such as bronchiolitis, better known as popcorn lung

"Cigarettes are more addictive than Vapes"

- **MYTH:** Most vapes contain nicotine which is the addictive drug in tobacco products like cigarettes. Research has shown even vapes marketed as "containing 0% nicotine" have been lab tested to contain nicotine.

"Nicotine use can harm brain development in teens"

- **FACT:** Using nicotine products can harm how the brain develops.

"It's just water"

- **MYTH:** Vapes do not produce water vapor. Instead they produce aerosol mist created by a chemical called propylene glycol.



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Parenting Classes: To register contact 239-263-4013
Prevention Talks: DLCPrevention.org
Mind Your Mind: DLCMindYourMind.org

