

# PREVENTION TEEN TALKS: TOBACCO & VAPING

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## Tobacco 101

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).

There are many side effects to tobacco use below are some of the short- and long-term effects.

### Short-term effects:

- Coughing
- Bad breath
- Yellowing of the teeth and nails
- Headaches
- Increased blood pressure

### Long-term effects:

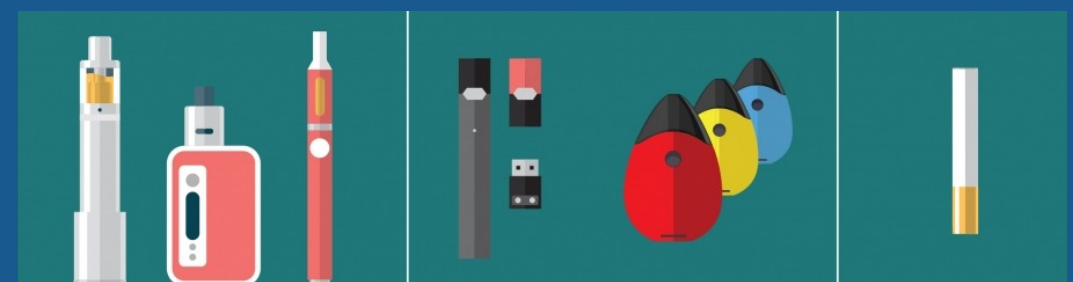
- Reduced life expectancy
- Problems breathing
- Stroke
- Heart disease
- Cancer (lung cancer is the most common but other parts of your body can develop cancer due to smoking)
- Weaker immune system

## What are Vapes?

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 contains 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.

### How they look:

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



## Refusal Strategies

Peer pressure can be a major influence on whether or not you choose to vape or smoke. Here are a few tips on how to refuse peer pressure:

- Just Say No
  - Simply saying "No" when offered to smoke or vape. By consistently saying no, peers can begin to understand your values and position on smoking/vaping.
- Offer an excuse
  - If you are in a situation wherein you do not want to stand your ground and just want to avoid the situation with little to no attention, offer an excuse. Be aware that offering an excuse can work in the moment but will likely not deter others from trying to pressure you in the future.
- Suggest an alternative option
  - If asked, you can offer an alternative option. Such as, "rather than smoking/vaping lets go get something to eat."



## MYTH CHECK!

### Myth #1: "Vaping is not addictive"

- **MYTH:** Vapes contain nicotine which is highly addictive and causes cravings for smoke. Withdrawal symptoms occur when individuals stop use.

### Myth #2: "Vape is less harmful than other tobacco products"

- **MYTH:** Vaping can harm the developing brain, create memory problems, and increase symptoms of depression

## 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 an addictive drug also in tobacco products such as cigarettes. Vapes marketed as containing 0% nicotine have been lab tested to contain levels of nicotine.
- **"Nicotine use can harm brain development in teens"**
  - **FACT:** Using nicotine products can harm brain development.
- **"It's just water"**
  - **MYTH:** Vapes do not produce water vapor. Instead they produce aerosol mist created by a chemical called propylene glycol.

