

VAPING & RESOURCES TO QUIT



Cigarette smoking and chewing tobacco remain serious concerns for teens/adolescents. Fortunately, through education and other prevention efforts, the use of nicotine products continues to decline among youth, with the exception of nicotine vape products.

As a matter of fact, “vaping” has become one of the most popular substance-use trends among adolescents/teens. According to a study released in October of 2022 by the FDA (Food and Drug Administration) and the CDC (Centers for Disease Control), more than 2.5 million middle and high school students in the United States reported current (past 30-day) vaping use in 2022.

And while there are new laws and regulations that prohibit refillable vape devices that use flavoring, with the exception of menthol, these laws and regulations don't include disposable vape devices. That's why we are seeing more and more teens using disposable vaping devices. The disposable devices not only have dozens of flavors to choose from, they almost always contain higher levels of nicotine than cigarettes.

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Furthermore, the aerosol from vaping is not just water vapor, like many kids and adults believe. It actually contains chemicals such as diacetyl, a chemical linked to serious lung disease, heavy metals and other particles that are hazardous to a person's health. And of course, marijuana or other drugs can also be used in vaping devices.

Below are pictures of a few of the disposable/one-time use vaping devices teens can purchase online.



Here are some of the signs that a teen/adolescent might be vaping:

- **A sweet/flavored scent in the air**...for example the smell of cotton candy in a room where there is no cotton candy
- **Drinking more water**...chemicals in vape aerosols often cause dry mouth
- **Nosebleeds**. ...chemicals in vape aerosols also tend to cause nasal cavities to become dry which can lead to nosebleeds
- **Cough or mouth sores**
- **Other new health issues**...Vaping contains poisonous aerosol chemicals that can impact the lungs and heart
- **Thrown away refillable vaping pods and/or disposable devices**
- **Use of vaping slang**...the use of vaping slang such as “sauce” referring to e-juice; “nicked”, referring to the euphoric feeling with high doses of nicotine and/or “nic sick” referring to heart palpitations, nausea/vomiting and/or lightheadedness from using nicotine vapes.

As we know, nicotine is in most vapes and often at higher nicotine levels than cigarettes. We also know that nicotine is a highly addictive drug.

Here are some signs that a teen/adolescent might have a nicotine vaping addiction:

- **Strong cravings**
- **Failed attempts to quit**
- **Irritable and/or agitated**
- **Difficulty focusing/concentrating**
- **Problem with sleeping/Insomnia**

So, what can you do to help a teen/adolescent that is addicted to nicotine actually quit using/vaping? First, be supportive, encouraging and understanding. Quitting nicotine use is not an easy feat to overcome for anyone. Having support from family and peers is important.

Here are some simple techniques that might be helpful to someone who is addicted to nicotine and wanting to quit:

- **Exercise**...moving around and getting physical exercise can release the same kind of chemicals that your brain is craving from nicotine. This can be as simple as taking a walk, going on a bike ride, playing catch, etc.
- **Small, Simple Distractions**...nicotine/vaping cravings tend to intensify and grow stronger the more a person focuses/thinks about vaping/using nicotine. Take your mind off the temptation through small tasks like drawing/doodling, writing/texting, playing a board or card game, or listening to music.
- **Identify triggers**...Smoking/Vaping is usually centered around certain times and/or particular activities. For instance, waking up and going to bed are common times for someone to use. Other common times people tend to use/vape are just before or after eating or while driving. Understanding and anticipating when cravings are likely to occur can help someone more effectively stave off a craving.

Listed below are some links that focus on helping teens quit vaping/tobacco use:

- <https://teen.smokefree.gov/>
- <https://teen.smokefree.gov/quit-vaping>
- <https://truthinitiative.org/thisisquitting#:~:text=This%20is%20Quitting%20is%20a,successfully%20quit%2C%20e%2Dcigarettes>

In addition to the resource links above, below are additional links to sources referenced for this article that contain more information for parents on teen vaping/tobacco use and prevention.

- <https://truthinitiative.org/curriculum>
- <https://drugfree.org/wp-content/uploads/2018/11/What-You-Need-to-Know-and-How-to-Talk-to-Your-Kids-About-Vaping-Guide-Partnership-for-Drug-Free-Kids.pdf>
- https://drugfree.org/drugs/vaping/?gclid=Cj0KCQiA4OybBhCzARIsAlcfn9nu6nhne8DOWnwK2g5RR0RNKY6zc1bbAQSfSgPRtG7fnBa40yf2XvQaArGbEALw_wc

- <https://scipnebraska.com>