

# Vaping

## Facts for Parents and Caregivers



### What is vaping?

E-cigarettes, commonly referred to as vapes, heat a liquid within the device creating an aerosol mix of toxic chemicals once inhaled, including formaldehyde, diacetyl, and propylene glycol. Many chemicals found in vapes are known to cause cancer.

Some of the most common substances found in vapes are marijuana and flavored liquid nicotine. Studies have shown that using vapes, no matter the substance, can lead to breathing problems and significantly harm the lungs.

## Why is vaping a problem?

### Vaping Nicotine

Most e-cigarette liquids contain high levels of nicotine, which can lead to higher rates of addiction, especially for teens and young adults.

Vaping devices are also easily accessible among youth despite the legal age to buy any tobacco products, including vapes, is 21.

Studies show that vaping can harm teen brain development and long-term mental health, lead to addiction, and damage the lungs.

### Mental and Physical Effects of Vaping

- 😰 Anxiety
- 😞 Depression
- 🧠 Psychosis
- 🤧 Pneumonia
- 👤 Shortness of breath
- 👤 Lung scarring
- 😮 Chronic coughing

### Vaping Marijuana

Cannabis concentrates are highly potent and made by extracting THC - the chemical that produces the high feeling - from the cannabis plant. Similar chemicals found in liquid nicotine are found in concentrates. There is also little or no odor associated with vaping concentrates.

Youth often mistakenly believe vaping concentrates is safer than smoking a joint. However, studies have shown that concentrates include chemicals that are linked to long-term lung damage and mental health problems.

**VAPE** GRAPE ICE Disposable vapes have up to 5,000 puffs.

5,000 puffs = 25 packs of cigarettes

A grid of 25 cigarette packs arranged in two rows of 12 and one row of 11.

### What can you do?

- Talk to your child about the real costs of vaping
- Be the positive influence
- Get the facts on vaping at [TalkNowAZ.com](http://TalkNowAZ.com)



Cannabis concentrates are highly potent and vary from 60% to 99% THC. One THC vape cartridge can be the same as smoking up to 5 joints.



Sources: NIDA, CDC, SAMHSA  
This publication was made possible by grant number B08TI083525 and B08TI083927 from SAMHSA. The views, opinions and content of this publication are those of the author and do not necessarily reflect the views, opinions, or policies of SAMHSA or HHS. © CanStockPhoto/Brillianta, begun1983, denvitruk, sonyanew

# Helpful Resources

## Statewide Resources

- 1-800-662-HELP (4357) | SAMHSA's National Helpline  
Free, confidential treatment referral and information service available 24/7 (in English and Spanish).
- 800-QUIT-NOW ([800-784-8669](tel:800-784-8669)) | The Ash Line  
Call to speak with counselors who are trained to help smokers quit.
- FindTreatment.gov  
Find treatment resources available in your area.
- DrugFree.org | Partnership for Drug-Free Kids  
Peer support for parents & caregivers. Text **JOIN** to 55753 to get help and hope by text.
- TalkNowAZ.com  
Get tips on talking with youth about substance use.

## Youth Resources

- Teen.Smokefree.gov. |  
Offers online chat for those who want to quit tobacco & vaping.
- 1-800-248-TEEN (8336) | Teen Lifeline *Available 24/7*  
Arizona support line for teens operated by teens.
- 9-8-8 Suicide & Crisis Lifeline | *Available 24/7*  
Helps individuals in suicidal crisis with support.
- Text DITCHVAPE to 88709 | This is Quitting | *Available 24/7*  
A free text-based support service for anyone who wants to quit vaping.
- 1-800-TLC-TEEN OR text *TEEN* to 839863 **to speak with another teen.**
- Text QUIT to 47878 ) | Smokefree TXT for Teens *Available 24/7*  
Has free text message programs that give you tips and advice on how to quit using tobacco products.
- LearnMoreAZ.org  
Get the facts on vaping & other substances.