

lead

LINKING EFFORTS AGAINST DRUGS

LEAD™ is a 501(c)(3) non-profit organization dedicated to parents and other adults and their role in the promotion of healthy family relationships and the prevention of alcohol, drug use, and other risky behavior by youth. Also the founders of Text-A-Tip.

Kids you would never expect to do it are doing it

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SOCIAL






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VAPING & E-CIGARETTES

E-CIGARETTES

E-cigarettes deliver nicotine without tobacco. They can look like cigarettes, pipes, pens or lipstick. At first, many people who used e-cigarettes were smokers who chose e-cigarettes as a healthier alternative to traditional cigarettes. But things have changed, and the e-cigarette industry has gained momentum with lots of new youth being introduced to e-cigarettes without ever having used substances before.

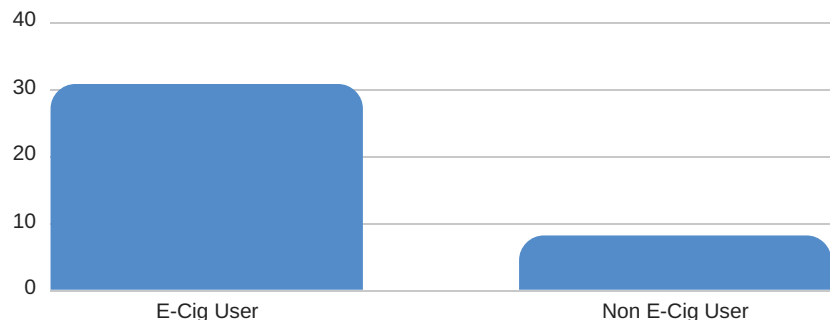
SIGNS AND SYMPTOMS

-  Scent — Vapor can have no odor or be flavored like fruit punch, bubble gum, or mint.
-  “Pens” that Aren’t Pens — E-cigs can look like thumb drives, pens, or a stylus.
-  Copious Sipping of Liquids — Ingredient in vapes can lead to a constant state of dry mouth, which can be alleviated by drinking a ton of liquid.
-  “Pens” that Aren’t Pens — E-cigs can look like thumb drives, pens, or a stylus.
-  Passing on Caffeine — Some e-cig users develop a sensitivity to caffeine, and curb their caffeine intake. So if your teen is suddenly passing on the Red Bulls they used to chug often, vaping may be to blame.

WHAT ARE THE RISKS

E-cigarette use exposes the lungs to a variety of chemicals, including those added to the e-liquids along with others that are the product of the heating/vaporizing process. A study of some e-cigarette products found the vapors contain known carcinogens and toxic chemicals, as well as potentially toxic metal nanoparticles from the device itself. More research is needed on the health consequences of repeated exposure to these chemicals.

TEEN E-CIG USERS ARE MORE LIKELY TO START SMOKING



START SMOKING WITHIN SIX MONTHS

*Includes combustible tobacco products (cigarettes, cigars, and hookahs)

Parental disapproval is the biggest deterrent for underage drinking and drug use.

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THE TRUTH BEHIND THE VAPOR

- ▶ There is evidence that nicotine's adverse effects on adolescent brain development could result in lasting deficits in cognitive function. Nicotine is highly addictive. About three out of every four teen smokers become adult smokers, even if they intend to quit in a few years.
- ▶ With e-cigarettes there are many unknowns, including the unknown health effects of long-term use. Currently, there are no e-cigarettes approved by FDA for therapeutic uses so they cannot be recommended as a cessation aid. For smokers who want to quit cigarettes there are FDA approved treatments
- ▶ Furthermore, the statement that e-cigarettes do not cause cancer is a myth. Cancer takes years to develop... and e-cigarettes are relatively new. Studies suggest it takes 15-20 years to determine if a product increases a person's risk of cancer, so there just hasn't been enough time and there just isn't enough evidence to suggest that e-cigarettes are less harmful.
- ▶ Vaping contains mostly nicotine, which can also wreak havoc with the cardiovascular system and lead to hypertension and heart attacks.

Nicotine is the substance that gets us addicted and craving more, it works a lot like a "gateway" drug that can easily lead teens down the path to smoking regular cigarettes.

WHAT CAN PARENTS DO...TALK!

- 🗨️ Play it casual - Start with something like, "I've read about vapes, or went to a presentation about JUUL's, and I'm curious what you've seen or heard about it. What do your friends think about it?"
- 🗨️ Communicate your disapproval - Emphasize to your teen that the terms "vaping" and "smoking" are essentially the same thing in your eyes and that you expect them not to do it.
- 🗨️ Use facts rather than scare tactics - Youth who use nicotine products in any form, including e-cigarettes or vapes, are uniquely at risk for longlasting effects and are 4 times more likely to end up smoking traditional cigarettes.
- 🗨️ Encourage Natural Highs - Work with your teen to identify healthy behaviors that may have a similar effect to vaping (i.e. exercise, etc.)
- 🗨️ Visit their (YOUR) Room and Don't Hesitate to Look Around - If your teen knows that you will be coming by for a visit, they may think twice about vaping.
- 🗨️ Tell Them You Are Educating Yourself on the Topic Sometimes, teens just knowing that their parents have knowledge about a particular substance will help a teen to make a healthy decision to avoid consequences.



Text-A-Tip: 24/7 anonymous support for students who need help for themselves or a friend. Text **HELLO** to **1-844-823-5323** to connect with a trained counselor. Now available to more than 7 million people nationwide!