

A Parent's Guide To Teen Vaping and Tobacco Use



What's all the "smoke" about?

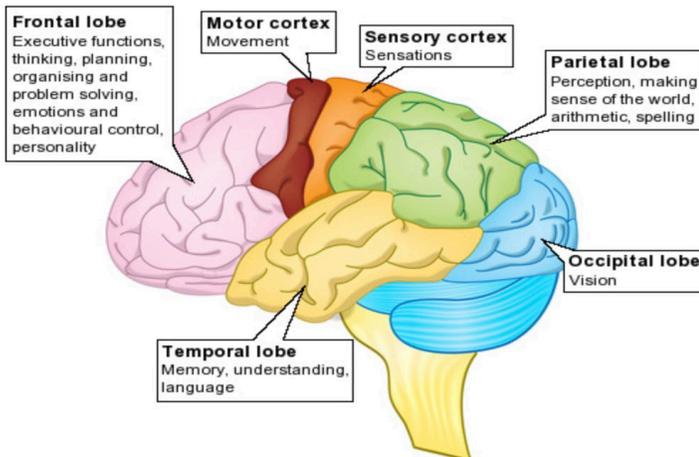
Many youth electronic cigarette (e-cigarette) users believe these and other vaping devices are less harmful than cigarettes.

A common misconception among youth e-cigarette users is thinking they are only consuming flavoring, not nicotine.

Some e-cigarettes can be easily concealed, look like a sleek USB flash drive and come in youth-appealing flavors like watermelon, blue raspberry and fruity pebbles. These flavorful options can pack a powerful nicotine punch with a single cartridge equal to an entire pack of cigarettes!

[Truth Initiative](#)

Effects of Cigarettes & Vaping



Physical

- Mouth and throat irritations
- Possible addiction and/or drug experimentation
- Lung damage
- Impairs brain development

Emotional

- Higher depressive symptoms
- Self-medicating
- Make you feel anxious, irritable and create cravings

[Tobacco-Use on the Teen Brain](#)

Social – Peer Pressure...just trying to fit in!

- Peers play a large role in the social and emotional development of adolescents
 - Peers can be positive and supportive. They can help each other develop new skills, or extracurricular activities
 - Peers can also have a negative influence and encourage each other to become involved in risky behaviors

Did You Know in Shasta County?

30% of 9th grade students have used e-cigarettes or vaping device *

43% of 11th grade students have used e-cigarettes or vaping device *

32% of 9th & 11th grade students felt the use of e-cigarettes or vaping devices were only “slightly” more harmful than smoking cigarettes *

17% of those 9th grade students vape 4 or more times daily! *

29% of those 11th grade students vape 4 or more times daily! *

46% of 9th grade students and 54% of 11th grade students stated it was “very easy” to obtain e-cigarettes or vaping devices if they really want them *

“Developing and maintaining positive relationships with adults and peers can support and build resilience in students! Those who feel connected to their school are more likely to engage in healthy behaviors and succeed academically. Creating a safe and affirming school climate can promote mental health in students, improve their attendance and academic success, and reduce the likelihood of tobacco and marijuana use.” (California Student Tobacco Survey)

As compared to 28% of 9th grade students and 35% of 11th grade students that stated cigarettes were “very easy” to obtain if they really want them *

Contact us at: Shasta County Office of Education
Tobacco-Use Prevention Education Program
530-225-0241

*California Healthy Kids Survey

How to Talk to Your Teen...

- Teach your teen to be assertive and to resist getting involved in dangerous or inappropriate situations or activities
- Encourage your teen to spend time with other kids who resist peer pressure and seek out positive peer pressure
- Help your teen develop self-confidence, kids who feel good about themselves are less vulnerable to peer pressure
- Discuss with your teen the harmful effects of vaping and tobacco use on their developing brain and health risks.
- Talk through scenarios and learning to say “no”
- Teach them to use “self-talk” to navigate through situations when they arise

[Partnership to End Addiction](#)

[Talking to Your Teen About Vaping](#)

[Tobacco Free Youth California](#)

What Can You Do?

- Encourage open and honest communication with your teen, your voice matters to them
- Let your teen know they can come to you if they’re feeling pressure to do things that seem wrong or risky
- Know the warning signs of tobacco use and vaping
- Develop backup plans to help your teen get out of uncomfortable or dangerous situations. For example, let them know you’ll always come get them, no questions asked, if they feel worried or unsafe.

[Parent Resources to Teen Tobacco Use and Vaping](#)

[Apps and Resources to Quit Vaping and Tobacco](#)