



8. Talking with your kids can help.

- ⇒ Ask them what they know about vaping, e-hookahs and e-cigarettes.
- ⇒ Let them know that they are not proven safe.
- ⇒ It's okay to say that you don't want them to smoke or use vaping devices. Talk to them about nicotine and addiction.

If you smoke or use e-cigarettes, the best thing you can do is to quit. But if you cannot stop, talk with your children about what it's like to be addicted.



Need more information?



800-432-4121
nwhealth.org



Creating Environments Free of Substance Use



SAFEinNM.com



N-671; 10/16

Vaping and E-Cigarettes

8 Things Every Parent Should Know



Have you heard about hookah pens and other types of e-cigarettes? Many young people think they are risk-free.

Look inside to learn more about the devices and to get tips on how to talk with your kids about them.



More and more, young people have been trying e-cigarettes, vape pens and hookah pens. Here are 8 things you should know about these devices and how they may affect your kids.

1. By any name, all e-cigarettes are the same.

- ⇒ Some of the many types of e-cigarettes are:
 - ☞ Hookah pens
 - ☞ Personal vaporizers (PVs or vapes)
 - ☞ E-hookahs
 - ☞ Vape pens
 - ☞ Mods
 - ☞ Tanks
 - ☞ E-shishas
- ⇒ They all use a battery to heat up a liquid, often called e-juice. The vapor from the heated liquid is then inhaled. The e-juice comes in a variety of flavors and nicotine levels.



2. They are drug delivery devices.

- ⇒ They are sold as a way to get nicotine. Nicotine is an extremely addictive drug.
- ⇒ Nicotine may affect growing brains. It can affect blood pressure, heart rate and insulin levels.
- ⇒ Vape pens and other e-cigs are also used to smoke marijuana oil and other drugs.

3. Some claim to not have nicotine.

- ⇒ But they are NOT risk-free. Early studies suggest that when heated, the flavors and other chemicals in e-juice may harm the lungs. More studies are being done.
- ⇒ Vaping has not been proven safe.
- ⇒ Using a device with no nicotine may lead to using those that do have nicotine or other drugs.

4. They don't always look like cigarettes.

- ⇒ Some look like colorful or metallic pens, flashlights, bottles or jars.
- ⇒ Some are worn around the neck.

5. The sweet flavors attract young people.

- ⇒ Some of the flavors are apple, cherry, banana, chocolate and coffee.
- ⇒ The flavors can make them seem harmless.
- ⇒ Vape pens and other e-cigs are also used to smoke marijuana oil and other drugs.



6. The ads target kids.

- ⇒ The ads make e-cigs seem safe. Some ads use celebrities to make e-cigs look glamorous.
- ⇒ Ads are often put where teens will see them—on Facebook, on teen sites, on TV, and in magazines.

7. E-cigs could mean trouble at school.

- ⇒ Many schools now treat e-cigs—including hookah pens—like tobacco and other drugs. Kids may be suspended or expelled for having them at school.

