



# HAVE THE DISCUSSION

## 6 SIGNS THAT YOUR CHILD MAY BE VAPING



- Increased secrecy
- Disappearing money
- Unwillingness to stay home
- Increased thirst
- Desire for spicy or salty foods
- Increased irritability or mood changes

American Lung Association  
1-800-LUNGUSA  
WWW.LUNG.ORG

### Kitsap County Substance Abuse Prevention and Youth Services

*"Community partnerships and programs that foster support for healthy people and communities, prevent and reduce youth substance abuse, violence, and promote mental health."*

#### Programs Include:

- Kitsap County Commission on Children and Youth (CCY)
- Youth Marijuana Prevention and Education Program (YMPEP)
- Youth Tobacco and Vaping Prevention (YTVP)

#### Local Prevention Coalitions:

- Bremerton Substance Abuse Prevention Coalition
- North Kitsap Substance Abuse Prevention Coalition

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WWW.kitsapgov.com

## Youth Should Know The Dangers of JUUL E-Cigs and Vaping

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### Have the Discussion

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Youth Services

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## What's the Bottom Line on the Risks of E-cigarettes for Kids, Teens, and Young Adults?

The use of e-cigarettes is unsafe for kids, teens, and young adults.

Most e-cigarettes contain nicotine. Nicotine is highly addictive and can harm adolescent brain development, which continues into the early to mid-20s.

E-cigarettes can contain other harmful substances besides nicotine.

Metals leak from heating coils on vapor: Lead, chromium, manganese and nickel. Chronic inhalation of these, have been linked to brain damage, lung, liver. Immune and cardiovascular cancer.

Vaping products are highly unregulated and can contain illicit drugs as well as oils that may have dangerous or fatal consequences.

For more information contact:

The American Lung Society  
1-800-LUNGUSA or WWW.LUNG.ORG

## Additional Resources:

The CATCH My Breath program offers videos, tip/fact sheets and background information on E-cigarettes.

WWW.CATCH.ORG

Washington State Department of Health  
WWW.DOH.WA.GOV

## What Can I Do to Prevent My Child from Using E-cigarettes or to Help Them Stop?

**Set a good example by being tobacco-free. If you use tobacco, it's never too late to quit. For free help,**

**visit [smokefree.gov](http://smokefree.gov) or call 1-800-QUIT-NOW.**

**Talk to your child or teen about why e-cigarettes are harmful for them. It's never too late.**

**Start the conversation early with children about why e-cigarettes are harmful for them.**

**Let your child know that you want them to stay away from all tobacco products, including e-cigarettes, because they are not safe for them. Seek help and get involved.**

**Set up an appointment with your child's health care provider so that they can hear from a medical professional about the health risks of tobacco e-cigarettes.**

Encourage your child to learn the facts and get tips for quitting tobacco products at [Teen.smokefree.gov](http://Teen.smokefree.gov)

## Why Is Nicotine Unsafe for Kids, Teens, and Young Adults?

- Most e-cigarettes contain nicotine—the addictive drug in regular cigarettes, cigars and other tobacco products.
- Nicotine can harm the developing adolescent brain. The brain keeps developing until about age 25.
- Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood and impulse control.
- Each time a new memory is created or a new skill is learned, stronger connections—or synapses—are built between brain cells. Young peoples brains build synapses faster than adult brains. Nicotine changes the way the these synapses are formed.
- **Using nicotine in adolescence may also increase the risk for future addiction to other drugs.**



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

WWW.CDC.GOV

*I, Surgeon General of the United States Public Health Service, VADM Jerome Adams, am emphasizing the importance of protecting our children from a lifetime of nicotine addiction and associated health risks by immediately addressing the epidemic of youth e-cigarette use. The recent surge in e-cigarette use among youth, which has been fueled by new types of e-cigarettes that have recently entered the market, is a cause for great concern. **We must take action now to protect the health of our nation's young people.***

KNOW THE RISKS. TAKE ACTION. PROTECT OUR KIDS.



Surgeon General 1-800-273-8255