

REALITY CHECK

Information included:



KNOW YOUR VAPE

Identify different types of e-cigarettes, how they work and what they actually contain.



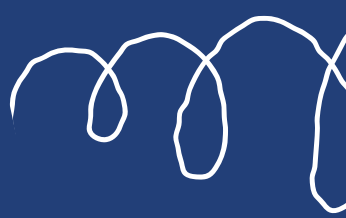
THE HEALTH EFFECTS ARE REAL

Youth are more susceptible to the harmful effects of vapes because they are still growing and developing.



BERKS COUNTY IS VAPING

Our local youth are feeling the impact and pressure of vaping - see what the data is in our county.



TALK TO THEM

Help youth make good choices using these tools to educate, support and offer help.

Know your vape



Vapes that deliver nicotine are called electronic nicotine delivery systems (ENDS).

Nicknames include “e-cigs,” “e-hookahs,” “vape pens,” “pods,” “mods.”

They may resemble pipes, traditional cigarettes, USB drives, cigars, inhalers, or even smartwatches and more.

They deliver nicotine, marijuana, other drugs or unknown chemicals.

Often come in flavors that are particularly appealing to teens.

They usually contain lithium batteries, which can explode and cause poisoning or death when accidentally ingested.

Source: Center for Disease Control and Prevention



How e-cigarettes

work

Heated liquid produces aerosol that is breathed in and out of the lungs

Aerosol enters the lungs just like traditional cigarettes

Atomizer and absorbent material heat the e-liquid

Battery heats the atomizer

Absorbent material/cotton

Atomizer/coil

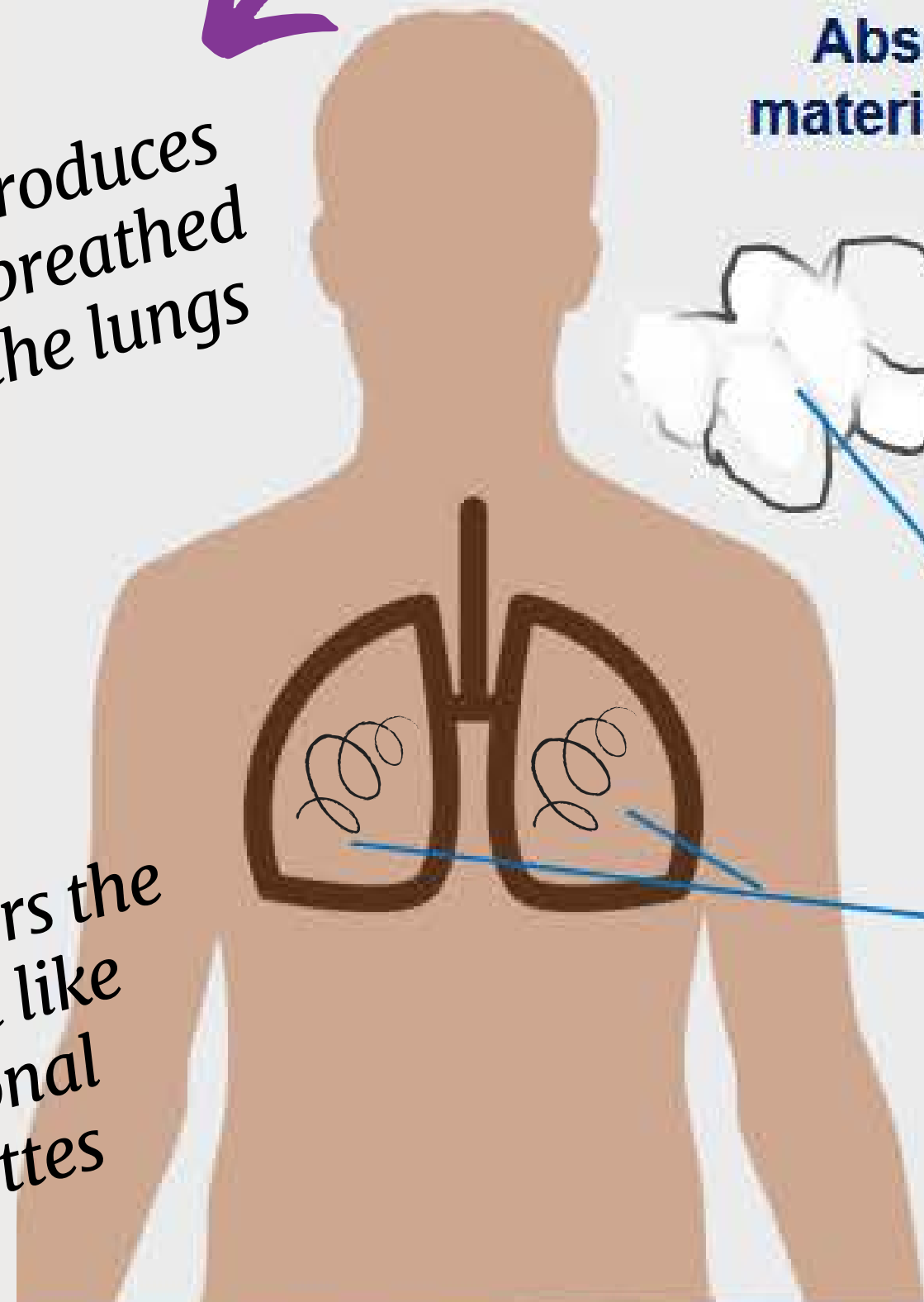
Battery

E-liquid

Nicotine
Propylene glycol
Vegetable glycerin
Flavorants

Nicotine aerosol

IT'S NOT WATER VAPOR!





The Health Effects are real



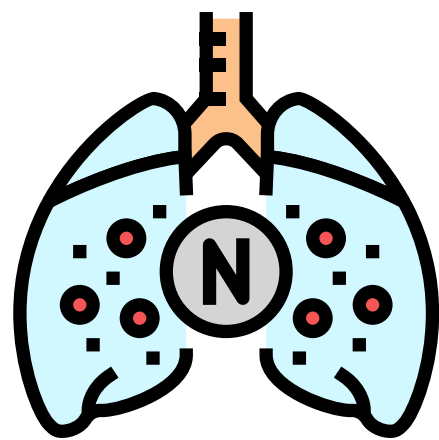
Most e-cigarettes contain nicotine which is highly addictive and can harm brain development, which continues until about age 25.

- The use of tobacco products is unsafe for all people.
- Youth who use e-cigarettes may be more likely to smoke regular cigarettes.
- Some youth choose vaping to help stop smoking, but in fact, end up becoming dual users.
- Vaping exposes young people to nicotine at a time when the brain is most at risk for addiction.
- Withdrawal symptoms can cause irritability, headaches, sleeplessness and difficulty concentrating.

Young people who vape are affected much more than adults by nicotine.

Source: Center for Disease Control and Prevention, American Lung Association, Partnership to End Addiction

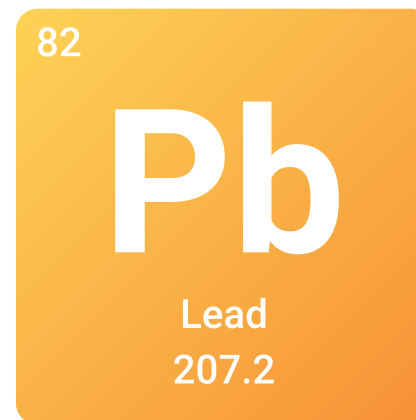
What's actually in aerosol?



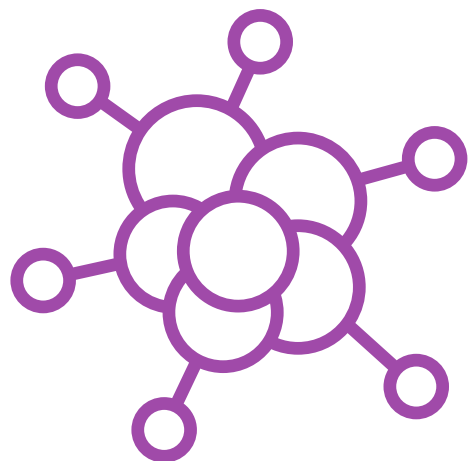
Nicotine



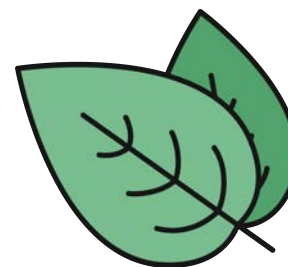
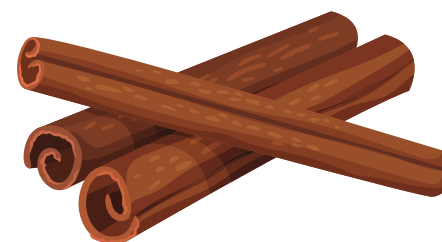
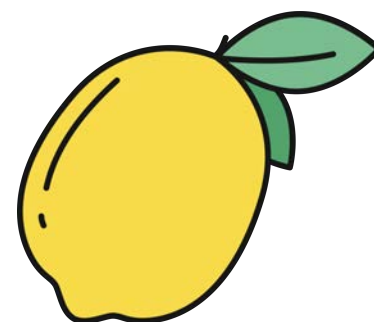
Cancer causing chemicals like benzene



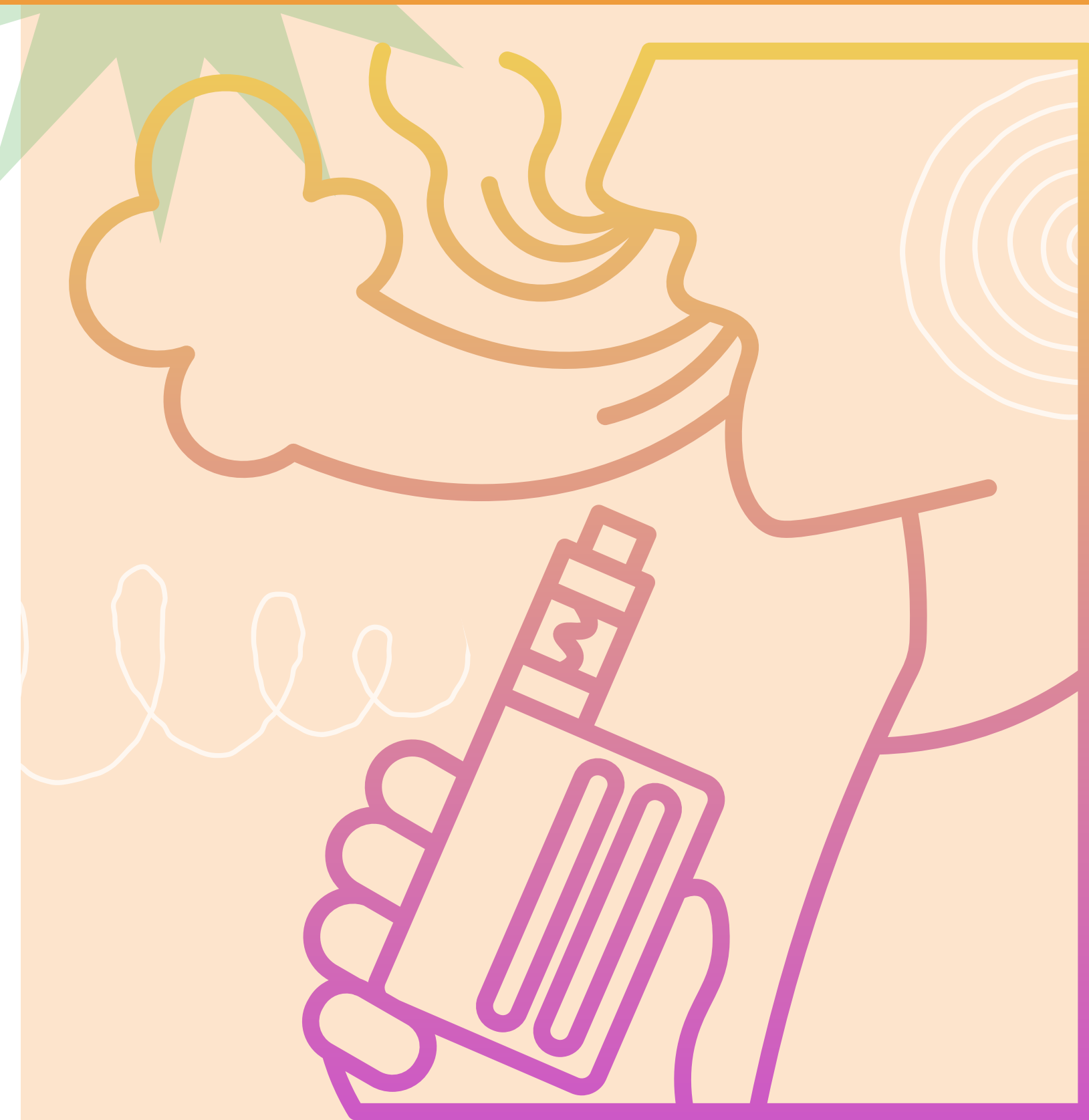
Toxic heavy metals like nickel, tin and lead



Volatile ultrafine particles



Flavorings like diacetyl, a chemical linked to lung disease

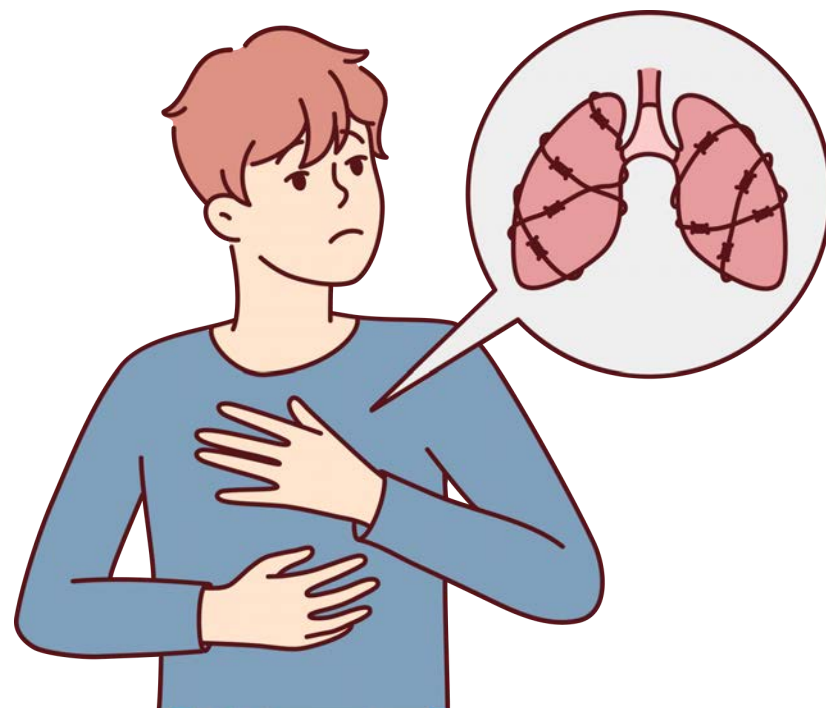


**Sometimes ingredients are not known. Misleading labels stating "0% nicotine," were found on products containing nicotine.*

Health

Other Health Issues Can Include:

- Inflammation
- Unknown chemical related sicknesses
- Lung and throat irritation
- Heating of chemicals release carcinogens
- Harmful effects from liquids and flavorings



E.V.A.L.I.

E-cigarette, or Vaping, product use Associated Lung Injury

Since 2019, there has been an increasing wave of severe lung injuries, illnesses and deaths associated with vaping. The condition has sickened more than 2,800 people to date and led to nearly 70 deaths across the country.

The infographic is divided into three colored panels, each with a starburst background and an icon representing a symptom.

- Blue Panel (Fatigue/Night sweats):** Icon shows a person with a red battery symbol on their chest. Symptoms listed: • Fatigue, • Night sweats.
- Orange Panel (Respiratory issues):** Icon shows a person with a speech bubble containing O₂ and CO₂ molecules. Symptoms listed: • Shortness of breath, • Lung failure and death (in severe cases), • Low oxygen levels.
- Green Panel (Gastrointestinal issues/Weight loss):** Icon shows a person with a red circle on their stomach. Symptoms listed: • Gastrointestinal issues, • Weight loss.

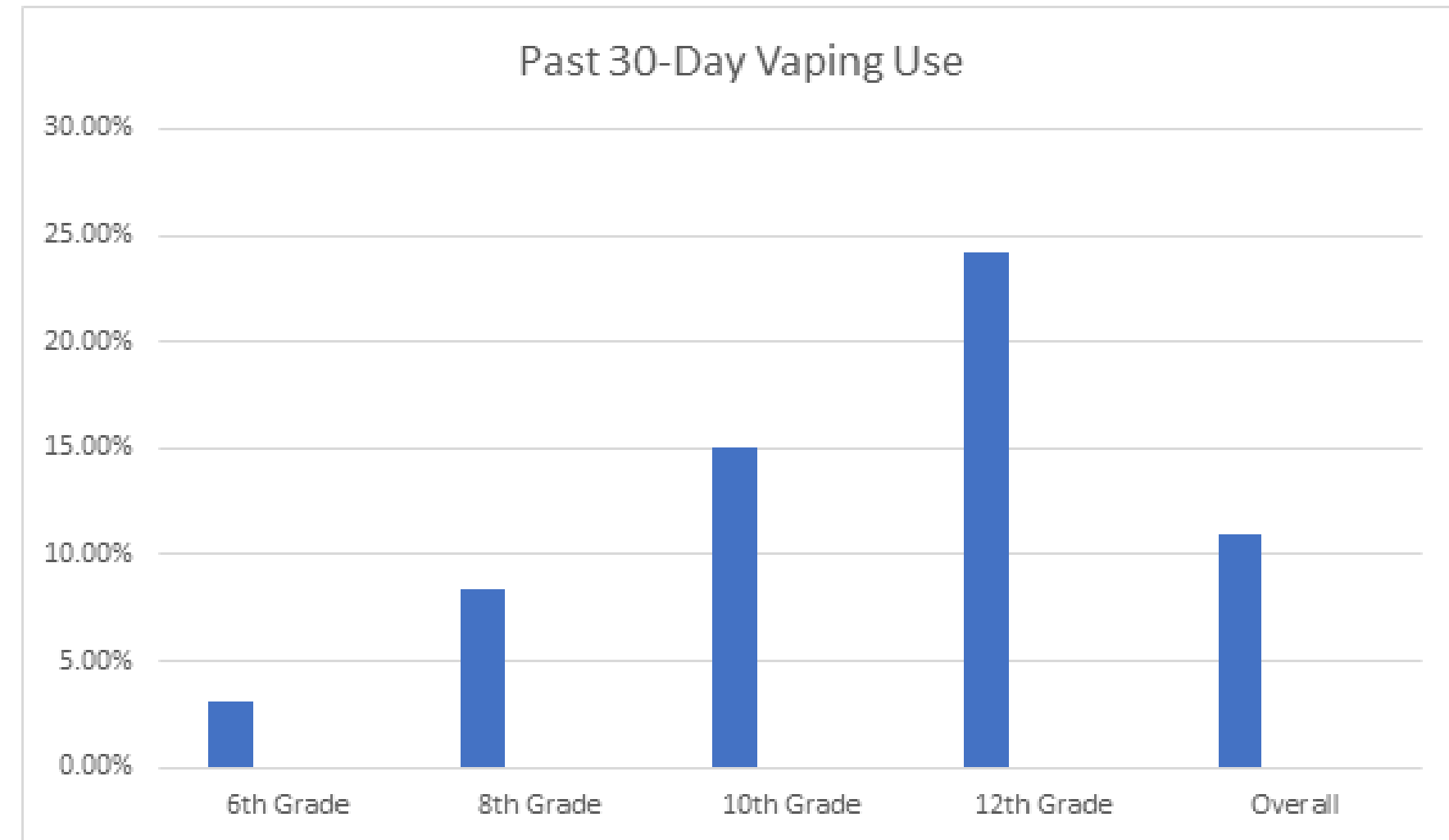
Source: Partnership to End Addiction

Berks County teens are Vaping

46% of ENDS users in high school vape at least 20 days per month (*2022 National Youth Tobacco Survey, FDA.gov/tobacco*)

In 2021, 12,415 students in Berks County from 13 different schools took the PAYS survey.
(Complete PAYS Data)

Of the respondents, almost **25% of 12th graders**, **15% of 10th graders**, approximately **8% of 8th graders** and approximately **3% of 6th graders** used vapes in the last 30 days.





TOOLS

To talk with youth

—“
*Even one invested adult can
change a child's life.*
”—

(greatergood.Berkley.edu)



✓ give them the facts

- Present the harm that vaping causes.
- Correct any misinformation they might have about vaping - there's a lot out there!
- Don't underestimate the power of information - youth are smart and listen more than adults realize.
- Remember, they are making other good decisions every day.

✓ set the example

One of the most effective ways for adults to influence youth about substances use is to model the behavior they desire to see. Youth watch what you do even more than what you say.

Are there habits or substances in your life that you'd like to quit? Choosing a healthier lifestyle in recovery can be a powerful example to those in your life. [COCA has resources](#) to help.

Visit cocaberks.org to learn more.

QUICK TIPS



✓ *make the time*

- Talk when they're rested and have eaten.
- Remove devices or other distractions.
- It's a conversation, not a lecture – give them a chance to talk.
- Keep going – even if they seem like they're not listening – trust that the information is getting through!
- It's an ongoing conversation, not just once and done.
- The car could be a great place to start the conversation, sometimes it's easier to engage when an adult isn't face to face.

✓ *practice refusal skills*

Teach them techniques to refuse when they are presented with the opportunity to vape, and then practice them together:

- Make an excuse. "I can't I have to go to practice"
- Blame it on parents. "My mom would ground me for a million years if I did that."
- State the facts. "That stuff has gross chemicals in it, no way."
- Ignore and walk away.
- Suggest another activity. "Nah, let's go shoot hoops instead."



My teen is already vaping, what can I do?

1. Listen.
2. Show support.
3. Be patient—quitting is hard, but with the right support and resources, it can be accomplished.
5. Consider getting them involved in a sport, hobby or activity. Finding a fun, natural high is proven to help youth stay away from drugs.
6. Use the resources provided on the next slide.



Key Resources

This is Quitting

Text **DITCHVAPE**
to **88709**

Truthinitiative.org

My life, My Quit

mylifemyquit.com

Text **Start My Quit**

To **36072**

Other Resources

1-800-QUITNOW

Cocaberks.org

Notforme.org



cocaberks.org

