

Vaping and E-Cigarettes



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What is Vaping and E-Cigarettes

E-Cigarettes and Vaping are very similar, both of these drugs hurt your body in a very impactful way. Vapes and E-Cigs are battery-powered smoking devices. Vapes can also be called Juul, which is the most popular selling brand of vapes. They have cartridges filled with a liquid that usually contains nicotine, flavorings, and harmful chemicals. Most vapes have poisons in them. This liquid is heated inside the vape, or E-Cig, into a vapor that the person on the other end inhales. Vapes and E-Cigs also use marijuana, THC oils (Dronabinol [treats or prevents nausea]) and other dangerous chemicals.

E-Cigs and Vapes can be disguised as many everyday things like a flash drive that can be charged in a laptop's USB port. Most E-Cigs and vapes are made by the same companies that make cigarettes. Those companies try to target young kids by making fun flavors of vapor. E-Cigs can be purchased online by anyone, so your friends or family could be or already have purchased one of these harmful products.

What is Vaping and E-Cigarettes?

Vaping is the act of inhaling and exhaling aerosol or vapor produced by a vape device, such as a Juul or E-Cig. Vaping is also known as E-Cigs, E-Hookahs, mods, vape pens, vapes, tanks systems, and Juuls. Juul contains about 59 mg of nicotine in each pod, many kids vape multiple pods a day. Each Juul pod is equal to one pack of cigarettes.

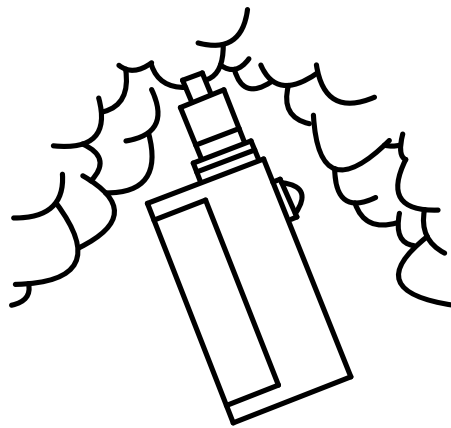


<https://phc.amedd.army.mil/topics/healthyiving/tlt/Pages/Vaping.aspx>



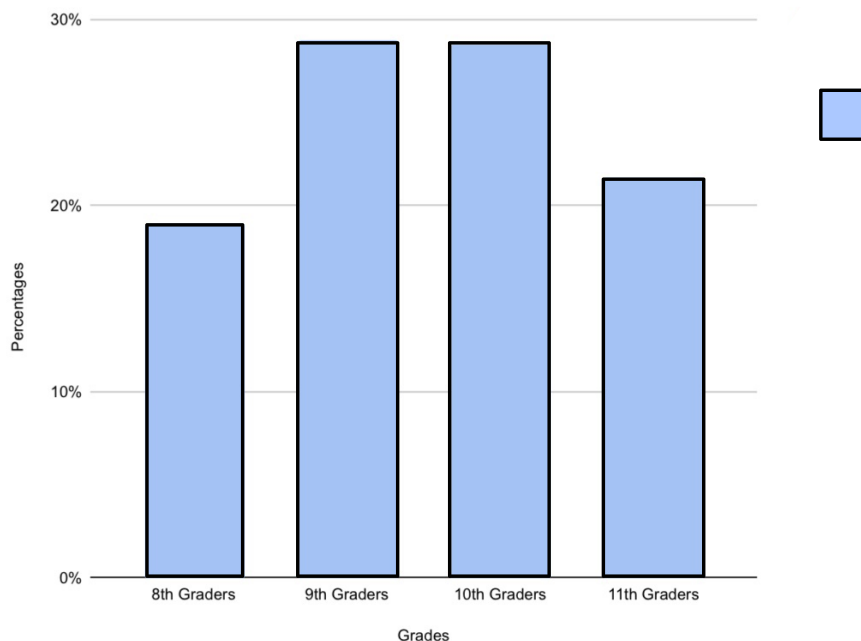
How do they work?

A vape device contains four basic components: a cartridge or tank to hold the e-liquid, a heating element known as an atomizer, a battery, and a mouthpiece. A sensor inside the device detects when a person is trying to inhale. This makes the battery supply electricity to the atomizer, the heat coming from the atomizer is transferred to the e-liquid. Then the e-liquid is vaporized and inhaled. Some vapes or E-Cigs are throw away after use, others are rechargeable by a USB port on a computer, as mentioned earlier. You can also replace the e-liquid by filling the chamber or using a self-contained pod. Pods are what hold the e-liquid.



In Our Own Community

Every year in our school district students grades 7 and up take a survey asking them about their encounters with drugs, and substance abuse. 19% of 8th graders, 28.9% of 9th graders, 28.7% of 10th graders, and 21.5% of 11th graders in our school districts reported that they have used an E-Cig or vape. While all of these surveys are anonymous, some people still do not feel comfortable answering truthfully so these percentages are most likely higher. You can find more info about our specific school district in our other booklets that will be mentioned at the end.



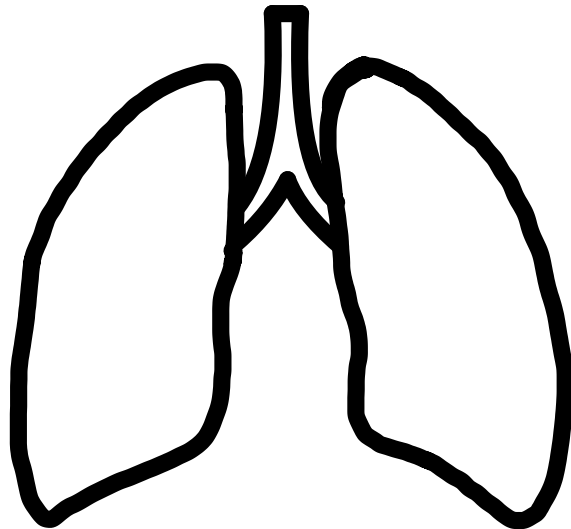
What are the risks?

As all drugs there are many dangerous risks of taking them. Vapes were first sold as a way to quit smoking but most vapes are actually worse than smoking. Vaping poses very serious and avoidable health risks. A study suggested that vaping may actually be driving an increase in nicotine use for teens and exposure to nicotine during young ages can lead to addiction in the future and can also cause long-term harm to brain development. The vapor that comes from a vape or e-cig also contains toxins that can cause cancer.

Some other health risks are irritation to the lungs which can cause serious lung damage and can also cause death. Vaping can also slow brain development, affect memory, concentration, learning, self-control, attention and mood. Because nicotine is so highly addictive, you don't have to vape every day to get addicted to it. The nicotine inside the vapor may also rewire the brain, making it much easier to get hooked. If you want to have a future in sports or if you enjoy playing sports vaping will ruin your career because you will have a harder time breathing due to lung damage.

What are the risks?

People who vape have four times the chance of getting addicted to drugs, then the people who don't. If the e-liquid from one of these devices makes contact with your eyes or skin, or if you inject yourself with an e-liquid it can result in seizures, brain injury, vomiting, problems related to lactic acid buildup in the body, and also death. Vaping can increase coughing and wheezing in teens and may exacerbate asthma. Not just the vapor and nicotine of a vape can harm you but also the device itself. Vapes or e-cigs with poor quality batteries can explode resulting in burns and other injuries.



Signs of Vaping

If you are concerned about one of your friends or family using a vape or e-cig here are some signs you should watch out for.

- Equipment (flash drives , e-juice bottles, pods)
- Online purchases that you didn't order
- Scent of vapes
- Increased thirst/nose bleeds (chemicals in e-juices dry out the mouth and nose)
- Decreased caffeine use
- Vaping lingo (atty, VG [vegetable glycerin], sauce [e-juice])
- Appearance and behavior changes



How Companies Sell Their Products

When you get addicted to drugs, or in this case, vaping, the nicotine changes certain areas of the brain to make you feel like you need the drug. Some new users of vape report feeling hooked on nicotine within days of regularly using.

Many companies use words like “discreet” or “stealthy” to describe their product when selling it. They use these words in their ads and descriptions on purpose. To target young people who want to hide the fact that they are vaping. The vape companies know the flavors, the high-tech look, and the small size the of pod vapes will appeal better to younger people who want to use them. Vapes, like JUUL, and others, use sleek, high-tech designs to get your attention. It’s a marketing trick with one purpose - to deliver the addictive drug nicotine. These features make it easy for you to get addicted and they cause you to give vape companies long-term access to your wallet. In the ads they show young and healthy people vaping to make it look like they are not getting affected by it.

Secondhand Vaping

Electronic smoking products, such as vapes or e-cigarettes, affect more than just the person using them. Vapes don't just affect the person using them. They also affect the people and pets nearby, and can lead to everything from explosions, to lung disease. Like secondhand smoke, when blown out into the air secondhand vapor can have serious health risks when inhaled. When someone inhales e-cig vapor, the nicotine enters their bloodstream. Even if no one else is nearby, particles from the vapor can stick to surfaces like car seats or furniture. If you want to avoid the risks of secondhand vaping you can ask your friends or family to not vape around you. You can say, "Will you please vape outside? I want to help everyone in our house/group stay safe." Research shows that people who live with e-cig users absorb nicotine from the vapor. Opening a window or going into another room is not enough to protect you from secondhand vaping. Every year, hundreds of children are poisoned by secondhand vaping.

Myths and Facts



Myths

Facts

Vaping is a healthy alternative to cigarettes



Vape e-juice contains nicotine, chemicals that can cause cancer, and can lead to health problems including wheezing, coughing, sinus infections, nosebleeds, shortness of breath, and asthma.

Vaping has nothing to do with smoking regular cigarettes



According to a study, young people who took up vaping were more than four times more likely to smoke traditional cigarettes a year later

It's just harmless water vapor



It's not harmless and it is not just water vapor. It contains many toxins, potentially cancerous agents and dangerous chemicals like diacetylmorphine, which is known to cause a potentially fatal lung disease called popcorn lung. It most often contains a combination of propylene glycol, vegetable glycerin, flavorings and nicotine.

Myths and Facts

Myths

Facts

Vapes don't contain
nicotine



A 2015 study found that 99% of e-cigarettes sold in U.S. convenience stores, supermarkets, and similar outlets contained nicotine, the same highly addictive substance that is found in regular cigarettes. 100% of JUULs contain nicotine.

Vapes are not
addictive



There is evidence that shows vaping can become an addiction and users can become dependent. This is more true when nicotine is in the vaping liquid.



Hidden in Plain Sight

Many vape products are used in disguise. The most common one you have probably heard of is a flash drive. This is completely true, but there is much more than that.

Lip balm container and lipstick- used to store marijuana concentrate, also pills

Makeup Compact- powder on mirrors can indicate being used to “cut” drugs

Mouth wash and Mints- mouthwash and mints can be used to mask odors from drug and alcohol consumption. Also a popular place to hide drugs

Nebulizers or Inhalers- can be used as a vehicle to take drugs

Stuffed animals- drugs can be hidden inside

Tampons- They can be soaked in alcohol and inserted to avoid breathalyzer tests and to have nothing show up on them. They can also be used to hide drugs

Markers and Pens- can be hollowed out and used to smoke/snort certain drugs

Also beware of drug reference room decor; posters and other similar products. They can glamorize alcohol or other drug use can be indicative of attitudes that may lead to teen experimentation.

How to Quit

Write it down- To quit vaping you first have to decide why you want to quit. Write it down and decide the pros and cons of it.

Set a date- pick a day to stop, tell your friends and family that you are planning to quit that day

Deep Cleaning- get rid of ALL vaping supplies

Install- download tools on your phone to help with cravings and give encouragement; withdrawal can lead to strong cravings for nicotine

Enroll- join some groups of kids your age that are all trying to quit. If there aren't any, then create one!

Pros	Cons
1. ~	1. ~
2. ~	2. ~
3. ~	3. ~

Cessation Resources



- Become an ex - Program by: Truth initiative and Mayo Clinic

- customized quit plan
- interactive guides and tools
- active, supportive ex community

BecomeAnEx.org

- This is quitting- E-cigarettes; Created by: Truth Initiative

- Text HOPE4RI to 88709
- Youth focused
- Free and available 24/7

About the Author's



For our silver award, we really wanted to do something that we have been effected by. Many of our friends and family have struggled with drug or substance abuse in one shape or another, which led us to our project idea.

We hope that you found the booklets informative and helpful, and we put lots of time into them to make sure that they looked the best they could.

As the authors and creators of these booklets, we had a lot of fun! Thanks for checking out the project and supporting what we are doing. It would be greatly appreciated if you shared these with your own friends and family to look at. We recommend taking an actual picture of the QR and texting or emailing them to whomever you'd like. Thank you so much!

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