

What is Vaping?*

- Vaping refers to inhaling and exhaling vapor from an electronic vaping device or e-cigarette.
- E-Juice often contains nicotine, flavorings, and a variety of other chemicals (i.e. propylene glycol, aqueous glycerine)
- Dripping is placing e-juice directly on heated coils of e-cigarettes and immediately inhaling the vapor
- Vaporizers can look like USB drives, pens, or credit cards
- Also referred to as: vape pens/pipes, Juuls, hookah pens, e-vapor, e-nic, e-smoke



What are the Risks?

- Nicotine addiction
- Long-term effects on brain growth, impacting memory, and trouble concentrating
- Mood disorders
- Difficulty with impulse control
- E-Juice can be poisonous to children and adults by swallowing, breathing, or absorbing the liquid through eyes and skin

Marijuana & Vaping

Vaping marijuana is done through a vape pen with either THC concentrates or dry herb:

- Vaping THC concentrates is done by turning the cannabis into a liquid form by combining different solvents through heating. This can result in explosions or burns due to the solvents being flammable.
- Vaping dry herbs is done by heating the cannabis in bud form

There is a subtle smell but there is still a scent of marijuana.



Stress & Vaping**

Instead of vaping, encourage teens to try other healthy stress management tips:

- Promote regular exercise
- Encourage talking about how they are doing
- Listening to calming music to relax
- Recommend they get plenty of sleep
- Support a hobby that brings them joy
- Encourage writing to-do lists to stay organized

Talking to Your Teen

- Find the right time to have a conversation about the effects that vaping and tobacco products can have on them
- Express the expectation of remaining a tobacco-free home
- Talk early and often so teens know they can come to you with questions or concerns
- Engage in a dialogue multiple times to keep the lines of communication open
- Seek outside help for continued support for parents and teens from the school or community group
- Set a positive example by being tobacco-free

What to Look For

Physical signs:

- Coughing
- Bad breath
- Stained teeth and clothing
- Shortness of breath
- Decrease in athletic performance
- Increased thirstiness
- Change in friends

Items to look for:

- Items that look like pens, USBs, credit cards
- Sudden smell of e-juice (i.e. vanilla, mango, bubble gum)
- Increase in chargers or unfamiliar batteries
- Decrease in caffeine consumption due to sensitivity from nicotine
- Metallic wires and cotton wicks for dripping
- Candles or incense to mask the smell

Effects of vaping marijuana:

- Weight gain
- Weakened immune system
- Difficulty concentrating
- Memory problems
- Increased risk of cancer
- Panic attacks and paranoia
- Greater risk of engaging in risky sexual behaviors

Did you know?

4 out of 5 NT students have not used e-cigarettes in the past 30 days.

2016 KW Survey, N=3,003

NTHS Policy

- Using, possessing, distributing, purchasing, or offering for sale e-cigarettes and vaporizers is prohibited
- Conduct applies:
 - On, or within sight of, school grounds at any time
 - Off school grounds at a school sponsored event or activity
 - Traveling to or from school activity

Resources

- Questions or concerns? Contact Kristine Hummel (hummelk@newtrier.k12.il.us) or Alicia Guy (guya@newtrier.k12.il.us), Student Assistance Program
- New Trier Library– [Stress Relief](#)
- U.S. Surgeon General– [Know the Risks: E-Cigarettes and Young People](#)