


YOUTH VAPING

JULY 2022

WHAT YOU SHOULD KNOW



Traditional tobacco is a medicine, which can be used in a way that promotes physical, spiritual, emotional, and community well-being. It may be used as an offering to the Creator or to another person, place, or being.

A gift of traditional tobacco is a sign of respect and may be offered when asking for help, guidance, or protection. Traditional tobacco is sometimes used directly for healing in traditional medicine.

It may be burned in a fire or smoked in a pipe, yet the smoke is generally not inhaled.

In many teachings, the smoke from burned tobacco has a purpose of carrying thoughts and prayers to the spirit world or to the Creator. When used appropriately, traditional tobacco is not associated with addiction and other health impacts.

Continued use of traditional tobacco supports a good life and a healthy community today and for future generations to come.



WHAT IS VAPING?

Vaping or e-cigarettes are battery-operated devices that people use to inhale an aerosol, which typically contains nicotine, flavorings, and other chemicals.¹

Other Names

E-cigarettes, Electronic nicotine delivery systems (ENDS), E-cigs, E-hookahs, Hookah pens, Vape, Vape pens, Juuls, Mods

WHAT ARE YOU INHALING?

- **Propylene glycol, glycerin, and other harmful chemicals such as diacetyl**
- **Heavy metals** (nickel, lead, and chromium)
- **Nicotine**

VAPING AND HEALTH

- Our lungs are not equipped to handle some of the chemicals found in vaping. Some ingredients in e-cigarette aerosol could also be harmful to the lungs long-term.
- Vaping may lead to lung inflammation which can be troublesome if you play sports and make it harder to perform.
- Popcorn lung can occur from diacetyl. When this happens, it damages the smallest airways in your lungs which causes shortness of breath and cough.
- Products in vaping can affect brain development, create addiction and cause cravings, impact memory, slow concentration, diminish attention span, and decrease impulse control.

WHAT TO TELL YOUR FRIENDS

Avoid peer pressure.

Pressure from your friends can be powerful and often contributes to deciding to try e-cigarettes. It is hard to tell your friends that you aren't interested, so here are some ways to talk to them.

“NO THANKS, I TRIED IT ONCE. IT ISN'T FOR ME.”

“MY PARENTS ARE SUPER STRICT AND WILL CHECK UP ON ME AS SOON AS I GET HOME; IT'S NOT WORTH IT.”

“I'D RATHER SPEND MONEY ON SOMETHING ELSE.”

Be confident. Peer pressure is hard, and it takes confidence to walk away.

You are managing stress and anxiety. There are other ways to manage stress and anxiety. Talk to someone about what you're feeling – a coach, teacher, or parent.

TALK TO YOUR PARENTS ABOUT VAPING

Your parents might have found your vape pipe or be concerned that you're vaping. Often adults worry about the long-term impacts of a “habit” or how it can contribute to problems to come.

LISTEN

to their side and then ask them to listen to yours

UNDERSTAND

the risks of vaping

Come up with a

PLAN to quit.

There are resources that can help!

Help your parents understand **WHY** you decided to vape

WHERE TO GET MORE INFORMATION

To learn more about the **health effects of vaping**



To **quit vaping**, or learn about your options for the next steps



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Publication supported by RMTLC Partnerships for Success, SAMHSA grant # SP081276.



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