

# Vaping Information for Parents

E-cigarettes are battery-powered devices that heat a liquid — usually containing nicotine mixed with the chemicals propylene glycol and glycerin, and often flavorings ranging from bubble gum to watermelon — into a vapor that users **can** inhale.

Juul-\$50

Pods-\$20

Dosing-0%, 5%, 15%, 25%, 50%

Juul charger looks like a USB

Kids make a DIY charger by cutting the end of an old phone cord and splicing wires to charge device.

Juul wraps-\$10 Used to decorate & personalize device

Can buy additional case to store device, charger, & pods

Phix-\$45 (similar to Juul-different brand)

Mods-\$99 Bigger version of vapes

Has batteries to charge it and batteries light up case

When the fire button of an APV is pressed, it sends an electronic signal, making the battery function and heat up the atomizer coil.

A **MOD** is a mechanical device. They are called Mechanical **MODs** because they **do** not contain any circuitry or electronic component whatsoever.

Vaping Terms:

Vaping- A person using a personal **vaporizer** AKA E cig. PV and APV: Stands for “Personal **vaporizer**” or “Advanced Personal **vaporizer**” This is the term recognized in the “ecig” market as a more accurate name for the modern day devices used for the vaporization of nicotine e liquid.

POD- contains the nicotine. One pod = a pack of cigarettes

Appeals to kids because they can be flavored.

(strawberry, mango, watermelon, cucumber, bubblegum...)

You may smell the fruity scent if someone has been vaping

Nic Sick- Vomiting from vaping too much

Feining- means you are craving nicotine

“**Vaping** 'no better' than smoking”: headlines last week challenged the idea that electronic cigarettes are safer than conventional cigarettes, after findings emerged that their vapor damaged and killed human cells.

### **Side effects of vaping**

- Dry skin.
- Dry mouth.
- Rash/burning sensation on face.
- Itchiness.
- Puffy/dry eyes.
- Caffeine sensitivity.
- Minor bloody nose issues.

**Popcorn lung** gets its name from a chemical called diacetyl, which was once commonly used to give food products, such as **popcorn**, a rich, buttery flavor. ... **Popcorn lung** is also known as obliterative bronchiolitis, bronchiolitis obliterans, or constrictive bronchiolitis. It can start within 2 to 8 weeks of vaping.

Everybody has a certain amount of nicotine receptors in the brain. When you start smoking, **vaping** or supplying nicotine to them, they multiply. Nicotine use very quickly escalates into **addiction**, even when dealing with tobacco-free, odorless “**vaping**” associated with e-cigarettes.

Potential effects span immunity to mental health and sperm to heart. Many people assume e-cigarettes are a healthier alternative to **smoking**. But new **animal data** suggest vaping may pose immune risks — and possibly behavioral and reproductive risks for the children of women who vape during pregnancy.