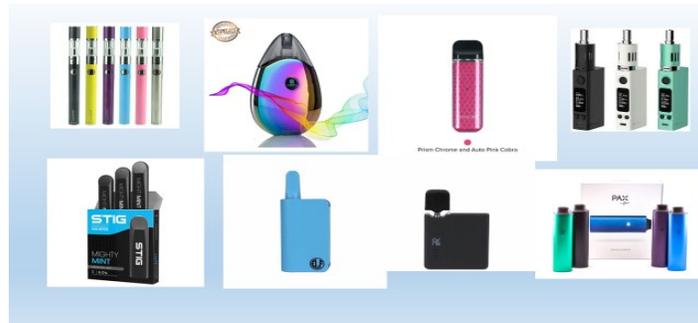


# Juul, Carts, Vape Pens, Oils & Wax: What Every Parent Needs to Know About Vaping Nicotine & THC



## How prevalent is vaping among youth in Westchester County?

Last school year, 17.6% of 12<sup>th</sup> graders, 9.6% of 10<sup>th</sup> graders, and 1.7% of 8<sup>th</sup> graders reported vaping in the past month.

## Why should parents be concerned?

- Vape devices often contain nicotine, a powerful and addictive stimulant that can impair the developing brain. Even if they don't contain nicotine, they contain other dangerous chemicals, or produce other dangerous chemicals, known to be cancer causing – such as formaldehyde.
- Youth vaping also increases the risk of developing COVID-19.
- There are a variety of devices: hookah sticks, cig-alikes, Juuls, Suorins, Puff Bars, pen mods and box mods. There are many other devices disguised to look like other items but are actually vape devices. Highlighters, coffee cups, lipsticks, inhalers, and USB drives can be vape devices in disguise.
- Some vape products contain nicotine and THC. THC, the active ingredient in marijuana can be vaped, highly concentrated, be addictive, and can cause problems with learning, emotional regulation, coordination, and mental and physical health.
- Research shows that many youth who start using e-cigarettes will start using traditional cigarettes.
- The flavoring in vape devices contains chemicals harmful to the lungs.
- E-Cigarette and Vaping products use Associated Lung Injury (EVALI) is a severe lung disease that can impact adolescents and result in death.

## Anything else I should know?

- One very popular type of vape pen is called a Juul. In some communities, Juuls are so popular that “Juul” has become a verb; young people refer to vaping as “Juuling”.
- Many young people are using e-cigs to vape very potent marijuana concentrates referred to by names such as wax, dab, shatter, oil. These marijuana concentrates may be odorless and therefore a parent does not know what their child is using in their device. Young people sometime purchase “cartridges” pre-loaded with THC oils.
- There have been reports of people vaping opiates such as fentanyl.

## What can parents do?

- Educate yourself and your child about the health risks of e-cigarettes and other vape devices.
- Provide a clear no use message.
- Be vigilant in noticing any devices in your child's possession.
- Vaping cessation programs for teens are available.
- If you are concerned, there are people who can assist you.
- Call the Student Assistance Counselor at your school for more information or to get assistance.