



Many kids don't think vaping is dangerous.

They're wrong.

An alarming number of young people are using vape pens/Juuls. Studies show that most believe vaping does no harm, and don't give much thought to what's in these products. Here are the facts:

- Vape pens/Juuls deliver high levels of nicotine; they're extremely addictive. Plus, vaping liquids contain other toxic chemicals that have been linked to cancer, respiratory disease, and heart disease.
- Although vaping is illegal in Ohio for those under 18, teens can easily find ways to buy the products online. Also, e-cigarettes cost less than traditional cigarettes.
- Vape cartridges come in kid-friendly flavors. They often look like flash drives, and are easy to hide.
- These devices are also sometimes used to vaporize THC, the chemical responsible for most of marijuana's mind-altering effects. Vaping THC eliminates the telltale smell that occurs when marijuana is smoked. Thus, someone can use marijuana without being detected.
- Black market cartridges – some containing illicit drugs far stronger and more dangerous than nicotine or THC – are becoming more common. Area law enforcement has confiscated cartridges containing cocaine and hallucinogens. Vapers might not know what they're ingesting. That's extremely dangerous.

TALKING WITH KIDS ABOUT VAPING

- It's never too early to begin the conversation, but make sure you're doing so in an age-appropriate manner.
- Educate yourself first.
- Approach the topic with caring and curiosity, not judgment. Ask what they've heard about vaping and what their peers think about it. This offers an opening to replace myths and hear-say with facts.

- If a teen admits to vaping, getting angry won't help. Teens need to know that parents are there for them even when they make unwise choices.
- Be a role model; walk the talk. Teens will have a hard time believing that vaping is dangerous if they see adults doing it.

For resources or more information call the Lake County ADAMHS Board Compass Line at 918-2000 or 350-2000 (both 440).



About the ADAMHS Board: The Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board is responsible for planning, monitoring, funding and evaluating Lake County's network of mental health and recovery services.

About the Opiate Task Force: Community partners united in their commitment to reduce the tragic consequences of abuse & addiction in Lake County.

