

# PREVENTING TEEN VAPING:

## A NEW GENERATION OF ADDICTION

### VAPING HARMS TEENS' BRAINS


- Vaping is **NOT** safe for youth. Most vaping devices contain highly-concentrated flavored **nicotine** or potent concentrates of **THC** (the active ingredient in **marijuana** (cannabis) that creates a mind-altering high)
- **Exposure to nicotine and/or marijuana during adolescence can:**
  - Greatly increase the risk of addiction to nicotine or marijuana (cannabis)
  - Harm brain development, which continues to about age 25!
  - Negatively impact learning, memory, and attention
  - Increase their risk for future addiction to other drugs
  - Negatively impact youth mental health





Human brains aren't fully developed until our mid-20s, leaving teens more vulnerable to addiction!

### WHAT'S IN A VAPE?

Most all vapes contain one of three substances - all harmful to our teens:

 Highly-concentrated flavored **nicotine** with pods and cartridges that hold more nicotine than a pack of cigarettes.

 Legal **marijuana** sold at dispensaries with highly potent concentrates of **THC** (over 70% THC!).

 **Unregulated marijuana** sold at gas stations and vape shops, including Delta 8 and Delta 10 THC vape products. Unregulated manufacturing of these products may occur in uncontrolled or unsanitary settings, leading to unsafe contaminants or other potentially harmful substances.

### WHAT VAPES LOOK LIKE



Juice Head 5K  
- 5,000 puffs



Pixi Pro -  
8,000 puffs



Puff Bar



Smok Novo  
Dank Vape Cartridge  
(marijuana)  
Back of package:  
"THC: 93.18%"



Marijuana  
Vape Pen



JUUL  
Pod  
JUUL



Njoy Pod  
Njoy

**PARENT UP** care connect communicate careful attention



Learn more and find free resources at  
**[ParentUpKC.com/Vaping](https://ParentUpKC.com/Vaping)**.

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### HOW BIG IS THE PROBLEM?

**13**

is the average age  
youth begin vaping in  
Missouri

(2024 Missouri Student Survey)

More than  
**1 IN 3**

Northland youth said vapes  
were "easy to get"

36% (2024 Missouri Student Survey)

Almost  
**1 IN 4**

Northland youth don't see  
vaping as harmful

23.4% (2024 Missouri Student Survey)

### WARNING SIGNS OF TEEN VAPING



- Nosebleeds
- Increased irritability
- Restlessness/sleeplessness
- Reduced caffeine intake
- Increased thirst
- Dry mouth
- Increased risky behavior
- Increased facial blemishes or slow wound healing
- Frequent use of the bathroom
- Unfamiliar tech, containers, or wires/chargers
- Fruity, minty, or sweet smell
- Slight mist that disappears quickly

### 5 WAYS YOU CAN HELP END TEEN VAPING



- 1. Work daily to create a safe, open, and comfortable relationship** with your child by listening and connecting with them.
- 2. Learn more about the harms of vaping at [ParentUpKC.com](https://parentupkc.com)** so you can let the kids in your life know *why* you disapprove. Make it clear you care about their health and safety, and you don't approve of them using any nicotine, marijuana, or vaping products.
- 3. Talk about your no-vaping expectations early and often.** Take a strong stance against vaping nicotine or marijuana, but be curious and open-minded about kids' experiences. Ask them questions about what they think, what they know, or what they've heard about vaping. Keep the dialogue open and let them know they can come to you for help with peer pressure, stress, and anxiety.
- 4. Prepare kids for peer pressure.** Help youth gain confidence to say "no" to vaping by practicing scenarios and brainstorming what they would say if a friend or peer offered them a vape.
- 5. Support teens who want to quit vaping.** If you know a teen who's trying to quit, tell them they can connect to a My Life My Quit coach at [MO.MyLifeMyQuit.org](https://mo.mylifemyquit.org) or text 'Start My Quit' to 36072. This local cessation resource sends them free, confidential support and tips to help them quit vaping for good.

