

### Vape Pens and E-Cigarettes: Raising a New Generation of Smokers

Vape pen use is exploding among teens and tweens. Also known as e-cigarettes or hookah pens, they are odorless, smokeless, easily hidden, *and they're not just for nicotine.*



#### What are Vape Pens?

Vape pens are electronic devices that simulate smoking and come in a variety of designs and styles. They are battery-operated and vaporize liquid into an aerosol mist (vapor). The liquid comes in a variety of kid-friendly flavors, including bubble gum and tutti-frutti. This newly exploding market is unregulated by the FDA, allowing manufacturers to swoop in on our kids. Using a variety of marketing tactics, the industry has succeeded in increasing the use among tweens and teens. The Center for Disease Control's 2018 National Youth Tobacco Survey reported that in the past year, there was a 78% increase in e-cigarette use among high school students and a 48% increase among middle school students...that's 1.5 million MORE students using now than the year prior.

#### Why the Concern?

- They contain nicotine, which is a highly addictive drug.
- Studies show they are a gateway to cigarettes.
- They can be used with hash oil or wax, a more potent version of the marijuana leaf, and the scent can go undetected.
- The California Poison Control Center reports e-cigarette related calls are on the rise.
- Local schools are reporting serious incidents related to vaping.
- The long-term health effects of vaping are unknown by the medical community.
- They pollute the air with tiny particles that get trapped in the lungs, harming the user and others.
- Read more from the California Department of Public Health [here](#).



Especially disturbing, “the FDA found significant quality issues that indicate that quality control processes used to manufacture these products are substandard or nonexistent,” the agency’s consumer advice page states. Cartridges labeled “no nicotine” did indeed contain nicotine, for instance, and “three different e-cigarette cartridges with the same label emitted a markedly different amount of nicotine with each puff.” [Click here for the entire article.](#)

#### How Should Parents Respond?

- Remember that despite the impact of marketing, movies, the internet, and peers, **YOU can be the greatest influence in your child’s life.**
- Have an open dialogue with your child about the dangers of vaping and nicotine.
- Be sure your expectations are clear.
- Affirm your child’s decision making abilities and the confidence you have in them to make healthy choices.



Sources: [California State Health’s Officer Report on E-cigarettes](#), [Tobacco Free California](#), [North Reading Police Department](#), [U.S. Food and Drug Administration](#), [Center for Disease Control](#)