



Clearing the Air

Vaping Prevention - Northwood HS 11.28.18

Topics

E-Cigarettes

Health Risks

Marijuana Concentrates

Resources



E-Cigarettes

E-Cigarettes (a.k.a. e-cigs, vapes, JUUL)

Battery-powered devices that heat a liquid and turn it into an aerosol, in order to deliver nicotine and/or flavorings.

Types of Devices



Cig-a-likes



Vape Pens



Tanks/Mods

E-Liquid



Bubble Gum



Chocolate



Cotton Candy

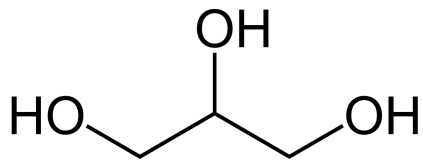
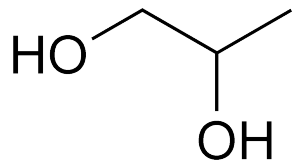


Grape

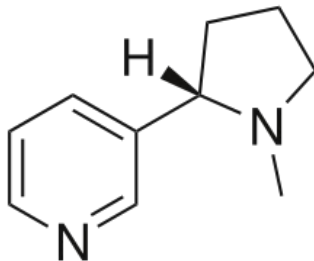


Gummy Bear

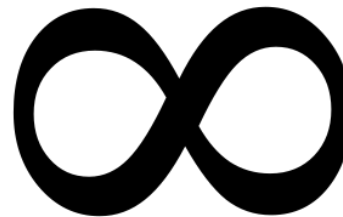
E-Liquid Ingredients



Propylene Glycol or
Vegetable Glycerin



Nicotine



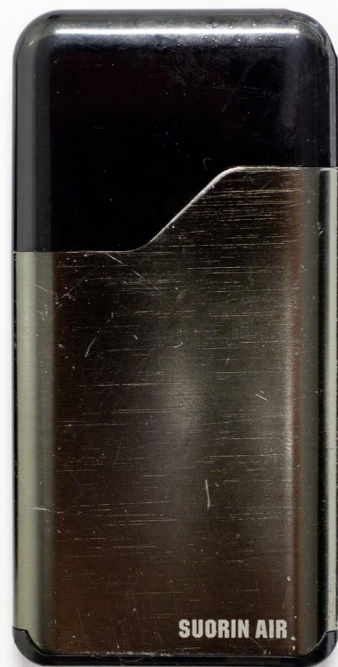
Flavorings

15,586

e-liquid flavors were available
online as of a 2017 study.

What does e-cigarette aerosol smell like?







Pax JUUL





Suorin Drop



Suorin Air



Resemble
common
student items



Compact and
easy to hide



High nicotine
content

4 JUULpod cartridges*
mango
5% strength

*1 JUULpod contains ~ 0.7mL with
5% nicotine by weight // approximately equivalent
to about 1 pack of cigarettes

Ingredients

glycerol, propylene glycol, flavor,
nicotine, benzoic acid

www.JUULvapor.com

Designed in San Francisco, CA

©2017 JUUL Labs, Inc.

Protected by issued and/or pending

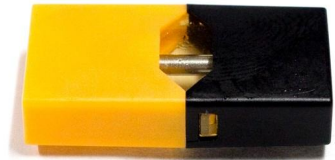
US and international patents:

www.juulvapor.com/intellectual-property-list

CALIFORNIA PROPOSITION 65 WARNING:

This product contains chemicals known to
the State of California to cause cancer and birth
defects or other reproductive harm.

This mango JUUL pod
contains as much nicotine
as a pack of cigarettes.



Health Risks



Teen brains are strongly affected by nicotine. It can negatively affect **memory and attention** and is linked with **depression**.

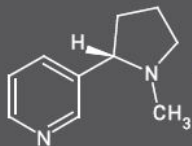


A recent study found that youth who reported e-cigarette use were **three times as likely** to begin smoking cigarettes.



E-cigarette aerosol often contains **heavy metals and carcinogens like formaldehyde**, though in lower levels than conventional cigarettes.

**VOLATILE
ORGANIC
COMPOUNDS**



NICOTINE

**ULTRAFINE
PARTICLES**



**CANCER-CAUSING
CHEMICALS**

**HEAVY METALS SUCH AS
NICKEL, TIN, AND LEAD**

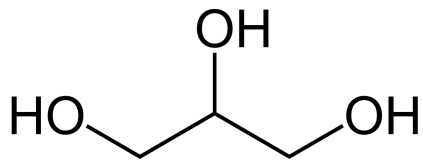
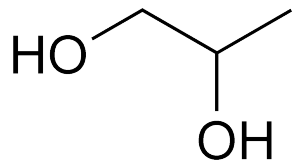


**FLAVORING SUCH AS
DIACETYL, A CHEMICAL
LINKED TO A SERIOUS
LUNG DISEASE**

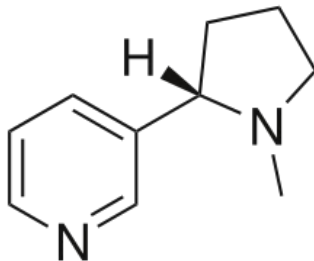


U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

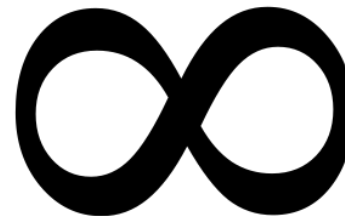
E-Liquid Ingredients



Propylene Glycol or
Vegetable Glycerin



Nicotine



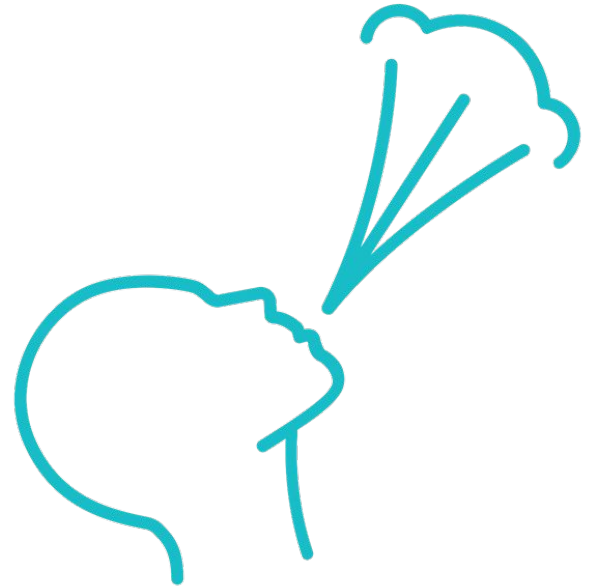
Flavorings

Passive (Secondhand) Vaping

Studies have found **nicotine**, **formaldehyde**, **aluminum** and other particles in sidestream aerosol.

One study found e-cigarettes released **more nickel and silver** than cigarettes.

Children, pregnant women and those with **health conditions** should avoid exposure.



Talking With Teens: Vaping Risks

- Focus on brain development
- Less terrible \neq safe
- What goes in \neq what comes out
- Acknowledge exceptions

What Do You Say?

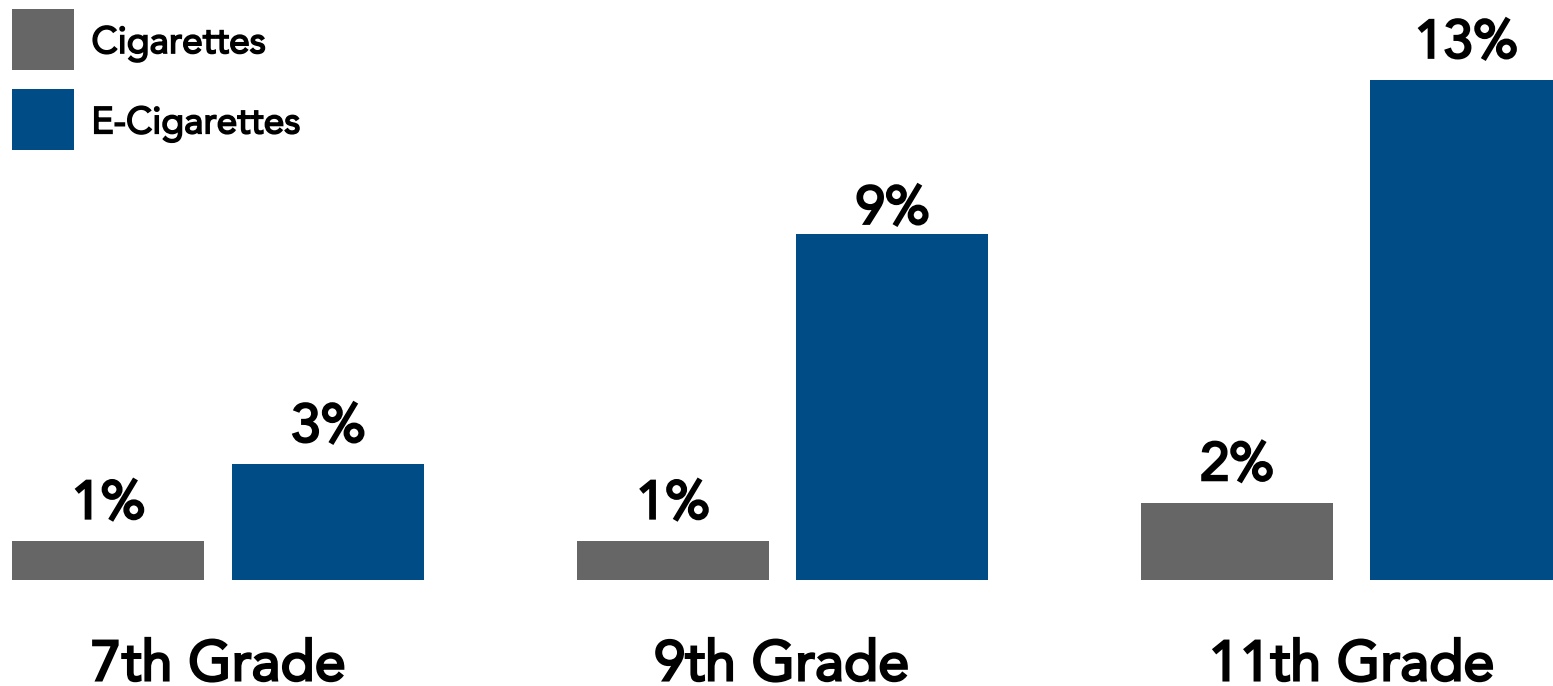
Your child sees their older cousin vaping in the backyard during a family party.

Extra Hints

Discuss family pressure and separating the behavior from the person

Extend the scope of the conversation to school and friends

Cigarette vs E-Cigarette Use: Orange County



Among students reporting current
e-cigarette use...

70% report drinking alcohol

55% report using marijuana

25% report smoking cigarettes

What About the FDA?

A regulation and approval process for e-cigarettes is scheduled to begin on **August 8, 2022**.

The FDA is working to restrict **online sales** of e-cigarettes and the sale of **sweet-flavored products**.

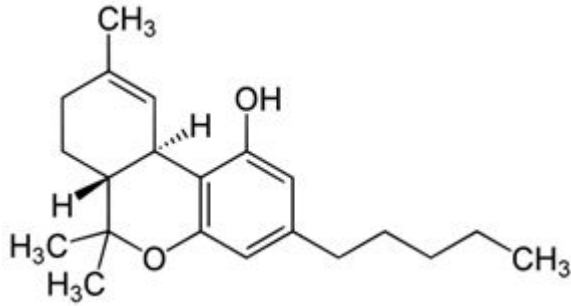
August 8, 2022



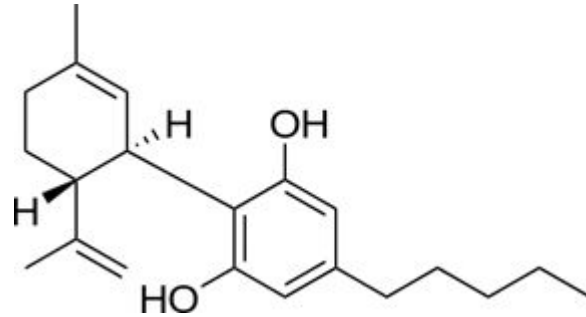
Hash Oil

Key Ingredients

Phytocannabinoids (~85 known) activate receptors throughout the brain and body.



Tetrahydrocannabinol
(THC)



Cannabidiol
(CBD)

Hash Oil (a.k.a. wax, BHO, dabs)

Chemically-extracted concentrates of THC and sometimes other components of marijuana.



Wax



Shatter



Crumble



Sauce



Distillate Oil



THC E-Liquid



Dab on Coil



Preloaded Cartridge



Hash Oil Cig-a-likes



PAX Era



J Pods



Hempod



Hi-Pod

THC Levels Comparison

Average,
1995



4%

Average,
2014



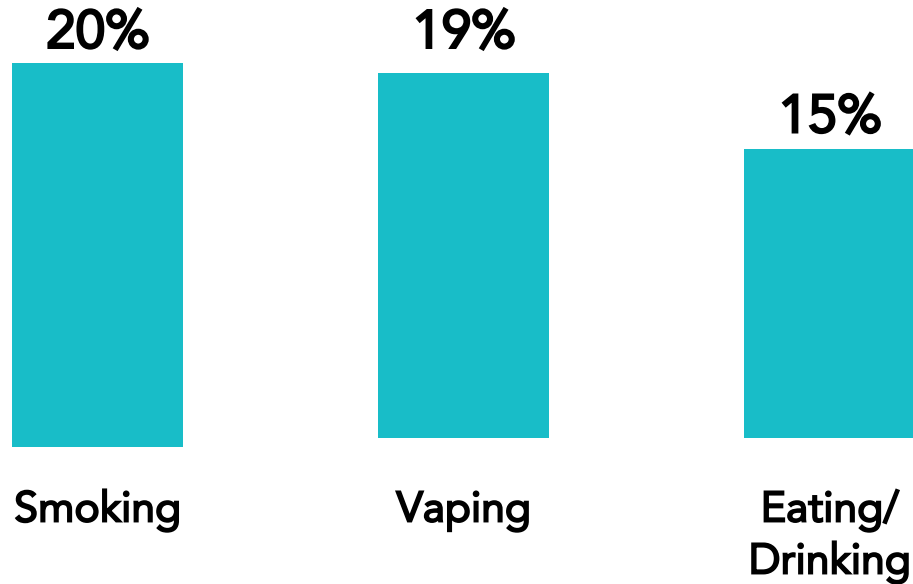
12%

Skywalker
Extract



85%

11th Graders: Marijuana Use In Lifetime





Marijuana affects the parts of the brain that work on **learning, memory and attention** and is linked to **anxiety, depression** and even **schizophrenia**.



Using marijuana and driving can **increase the risk of a crash**. Combining with alcohol worsens the risk.



While only 9% of users become dependent, the risk **nearly doubles (17%)** for those who start as teens.

Talking With Teens: Marijuana Risks

- Focus on brain development
- High risk: using early and often
- Acknowledge exceptions

What Do You Say?

Your child says their friend was vaping marijuana at school and offered it to them.

Extra Hints

Promote open and calm communication

Discuss friendship and peer pressure, refusal skills and escape plans

Know your child's friends (and their parents)

Resources



**E-CIGARETTES DON'T HAVE
TOBACCO. GUESS WHAT
THEY DO HAVE.**

NOTSOSAFE.ORG

notsosafe.org

[get the facts](#)[know the risks](#)[take action](#)[about](#)[resources](#)

THE FACTS

on e-cigarette use among
youth and young adults

■ A Message from the Office of the U.S. Surgeon General.



Share this page

e-cigarettes.surgeongeneral.gov



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I am a



Programs



A-Z Index



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The California Department of Public Health (CDPH) is committed to providing you with the facts you need to make safe and informed choices.

By sharing science-based information, CDPH is working to increase awareness about cannabis and how it affects our bodies, minds and health.

[Let's Talk Cannabis](#)

[Know the Laws | Let's Talk Cannabis](#)

Let's Talk Cannabis



staying up to date
with cannabis and
our kids' health
and safety



Brain
Development



E-cigs &
Vape Pens



IQ



School & Grades





Get Help
&
Support

Learn
More

Get
Involved

Read the
Parent
Blog

The
Opioid
Epidemic

About Us

SIGN UP 

DONATE



We provide support and guidance to families like yours struggling with their son's or daughter's substance use.

START GETTING HELP

4M+

Web visits in the past year, connecting millions of families with needed information and support

15,000

Families have been directly served since the launch of Family Helpline in 2011

74%

Of those who receive peer-to-peer Parent Coach support, 74% report feeling better about their child

drugfree.org - Marijuana Talk Kit

1.866.new  lung

FREE tobacco cessation
services for Orange County
residents

- Five-session class series*
- 90-minute seminar*
- 2 x 45-minute seminars
- One-on-one counseling
- Telephone counseling

* Also available for students



LUCKIES ARE ALL-WAYS KIND TO YOUR THROAT

"it's toasted"

Only the Center Leaves...these are the Mildest Leaves

They Taste Better

Copyright, 1965, The American Tobacco Company

SMOKE IN STYLE

With blu Electronic Cigarettes

Freedom never goes out of fashion. Control when and where you want to smoke with blu electronic cigarettes. blu produces no smoke and no ash, only vapor, making it the ultimate accessory and the smarter alternative to regular cigarettes. Step out in style with blu.

SCAN FOR A CHANCE TO WIN A STARTER KIT



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facebook.com/blucigs



blu

blucigs.com

Available at these fine retailers:



* Introducing the World's First Smart Pack (Price Only)

18+ only. CALIFORNIA PROPOSITION 65 Warning: This product contains nicotine, a chemical known to the state of California to cause birth defects or other reproductive harm.

Questions?