

PROJECT SUCCESS

Resources for Parents

RESOURCES FOR PARENTS

What parents need to know

[LINK](#)

Stories from the frontlines

[LINK](#)

Tips on talking to your kids

[LINK](#)

Resources for quitting

[LINK](#)

How you can help end this youth vaping epidemic

[LINK](#)

Nationally,
1 in 4
high school students
have used E-CIGARETTES/VAPES



Family Time and Talks

BY MICHAELA BUCKHANNON

Since schools are closed and many parents are working from home, families are spending more time together than ever before. It's an ideal time for parents to talk to kids about health, vaping and resources to quit.

One in four U.S. high school students uses e-cigarettes/vapes (SAMHSA-Substance and mental health service administration). This was a dangerous situation even before the rise of COVID-19 as there was an increase in the outbreak of E-cigarette, or Vaping Product Use-Associated Lung Injury also known as EVALI (CDC-Center for disease control). The risks of smoking and vaping behaviors weaken the lungs and can potentially put kids at a greater risk for health concerns.

THE PROBLEM:

5.3 Million

Number of U.S. teens who used e-cigarettes in 2019- nearly 1 million use them daily.

135%

Increase in the e-cig. use among high school students from 2017-2019. The increase was 218% for middle school students.

"Once you become a user you lose your motivation for things. The moment I started using nicotine, it turned off my future goals completely."

- Student

HOW WE GOT HERE:



FLAVORS

There are 15,000+ e-cigarette flavors on the market, like gummy bear and mint. 70% of youth e-cigarette users say flavors are a key reason they vape.

*JUUL E-Cigarettes/Vapes are the most used product among teenagers



MASSIVE NICOTINE DOSES

One Juul pod delivers as much nicotine as a pack of 20 cigarettes. This increases the risk of addiction among youth.



YOUTH MARKETING

A Stanford University study found Juul's launch marketing was "patently youth oriented" and later ads used the same themes as traditional tobacco marketing.

THE RISKS TO YOUTH:



E-cigarette use can cause nicotine addiction and increases teens' risk of using regular cigarettes.



Adolescent exposure to nicotine can harm the developing brain, impacting learning, memory & attention.



Youth use of nicotine products can increase risk for future addiction to other drugs.



In addition to nicotine, e-cigs can also expose users to other harmful chemicals such as formaldehyde and lead.

To learn more or get support for your teen, click on the links on the first page.

For more information on Project SUCCESS at

<https://www.stjoeshealth.org/find-a-service-or-specialty/behavioral-health/project-success>

