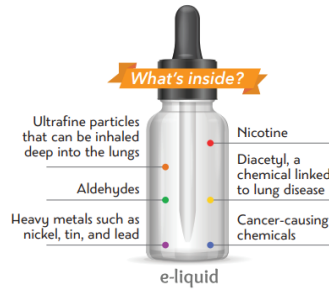


# A Parent's Quick Guide to Vaping

## WHAT IS VAPING?

Using an e-cigarette is commonly called vaping. E-cigarettes are electronic devices that work by heating a liquid to produce a mix of small particles in the air called aerosols. The liquid may contain nicotine, THC, CBD, and other substances.



## MOST POPULAR FLAVORS

- COOL MINT
- BLUEBERRY
- MENTHOL
- MANGO
- "SODA FLAVORS"

## DEVICES & PRODUCTS

Popular products include those that are disposable, and refillable pod based devices. Brands market using appealing flavors and flashy colors as well as mimic logos of other popular items on the market.

### BANG



### MYST



### PUFF BAR



### HYYPE



### JUUL



## WHAT YOU CAN DO

1. Talk early & often - ask open-ended questions.
2. Support healthy activities.
3. Set clear expectations of no use.
4. Establish clear consequences.
5. It's not your job to be cool.
6. Do not provide alcohol or drugs to your teens.
7. Pay attention to signs of vape use, such as the presence of unusual devices, sweet smells, and dry mouth and nose.
8. Make time for your child.
9. Prioritize sleep.
10. Intervene early if you suspect use.

## STUDENT DATA

According to Smokeless Saturday data the most commonly used substances among our participants were:

VAPE, JUUL,  
E-CIGS  
**90%**

CAFFEINE  
**56%**

MARIJUANA  
**46%**

CIGARETTES  
**37%**

## POPULAR YOUTH APPS

We suggest you become familiar with social media channels that commonly show vape trends.



INSTAGRAM



TIK TOK



WHATSAPP



SNAPCHAT



KIK

## RESOURCES

### Smokefree Teen:

[teen.smokefree.gov](http://teen.smokefree.gov)

### My Life My Quit:

[mylifemyquit.com/en-US/Enroll-Now](http://mylifemyquit.com/en-US/Enroll-Now)

Text Start my Quit to 855-891-9989

### The Quitline:

1-800-QUIT-NOW (1-800-784-8669)

### SmokefreeTXT:

Text QUIT to IQUIT (47848)

### E-Cigarette Quit Program:

Text DITCHJUUL to 88709

Text QUIT to 202-804-9884