



SOUTHEAST HARRIS

COUNTY COMMUNITY COALITION



Your Teen and Vaping Marijuana

You may have seen vape shops popping up all over our community. While most of these shops require shoppers to be 18 or older and only sell nicotine products, a dangerous trend has emerged. Vaping is now considered “cool” and “trendy” amongst our youth. Rates of teens who report vaping once in their lifetime are increasing rapidly according to Monitoring the Future Survey in 2018.

<https://www.drugabuse.gov/about-nida/noras-blog/2018/12/monitoring-future-survey-results-show-alarming-rise-in-teen-vaping>

The tobacco industry has done a great job of convincing our young adults that vaping is a safe alternative to conventional cigarettes. That could not be further from the truth! There is clear evidence that vaping can be harmful to the respiratory system and cause long term respiratory issues. Even youth who report vaping “only flavoring” are inhaling toxic cancer causing chemicals. There are over 8,000 e-liquids on the market making it difficult for the FDA to safely regulate. Do we even know what our kids are inhaling? For a more in-depth look at the ingredients follow this link:

<https://www.healthline.com/health-news/vaping-may-be-worse-for-your-lungs-than-you-think#Fogging-up-the-facts>

Vaping marijuana complicates the issue even further. Vape devices are small and often do not omit an odor making marijuana use in schools easy to conceal. Schools all over the nation are reporting increased marijuana vaping on campus making this an epidemic! Cannabis E-liquids contain higher concentrates of THC (the psychoactive ingredient in marijuana that causes the high) causing stronger effects than traditional smoking. High doses of THC can cause negative effects such as: psychosis, anxiety, vomiting, nausea and hallucinations. Is this what we want for our teenagers whose brains are still developing and are already prone to mental health issues due to adolescent pressures and stress? For more information on the risks follow this link: <https://childmind.org/article/teen-vaping-what-you-need-to-know/>

Lastly, we owe it to our youth to educate ourselves on these products and not be misled by false advertising and politics. Big Tobacco and Big Marijuana are getting rich while our kids are getting addicted. If we work together, we can stop this epidemic and keep our kids, families and communities healthy!

Sincerely,

Amber Carter, Coalition Coordinator

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Website | www.BACODA.org

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What can I do if I suspect my child is at risk of vaping or is already vaping Marijuana?

Given the growth of marijuana use and vaping among American youth, it's a good idea to explore your son's or daughter's views on vaping and perceptions of the risks.

1. Have conversations often. Before any talk, it helps to be able to share facts, but don't assume that an information download to your child will translate into healthy behaviors.
2. Look for good opportunities to have a discussion. You can do this when passing a vape shop, smelling marijuana on the street, seeing someone vaping on TV or in person or seeing one of the ads for vapes.
3. Try to listen, rather than give a lecture. Open-ended questions can be a great way to get your child's perspective, i.e. "I understand that some kids are vaping marijuana. What are your thoughts about it?" If you know they are already vaping marijuana, you might ask "What does vaping marijuana or THC oil do for you?" Perhaps it's a way to fit in, handle social anxiety or address boredom. Get to the root of "why."
4. Set clear expectations. Express your understanding of the risks, but also why a person may want to vape. Share why you don't want him/her vaping, and remember, it's important to avoid scare tactics. Be honest.
5. Teach refusal skills. It's likely that your teen or young adult will be introduced to vaping marijuana by a friend or older sibling. It helps to rehearse what he/she will say if that happens.
6. Have your loved one talk to other trusted adults who can reinforce your message. Sometimes, messages coming from your pediatrician, school counselor, favorite aunt or uncle, etc. can be more impactful.
7. Model healthy behaviors. If you come home from work and discuss what a tough day it's been while popping open a beer, pouring a glass of wine or smoking a joint, you are conveying this is how you handle stress. It's healthier for your child — and you — if you take a walk with the dog or a bath or go for a run rather than turn to substances as stress busters.

Follow this link for downloadable resources: <https://drugfree.org/newsroom/news-item/partnership-for-drug-free-kids-launches-vaping-resource-for-parents/>

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