



# Resource Guide About Youth Vaping



Janice V. Johnson

Founder & Executive Director



**This Resource Guide About Youth Vaping is an essential tool for our community, families, and organizations as it provides comprehensive support and valuable information on the challenges posed by vaping among youth. This guide serves to educate parents, caregivers, and community members about the risks associated with vaping, empowering them to engage in informed conversations with their children. By connecting families with resources, support groups, and cessation programs, the guide fosters a collaborative approach to preventing and addressing vaping-related issues. Additionally, it highlights the importance of community involvement in advocating for healthier environments, promoting awareness, and facilitating meaningful change. Ultimately, this resource guide is a vital asset that strengthens our collective ability to combat substance use and protect the well-being of our youth.**

## Creating a Society Free From Substance Use



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Glossary of Terms

## 1. Understanding Vaping

Definition: Vaping refers to the use of electronic devices to inhale vapor, which may contain nicotine, flavorings, and other chemicals.

## 2.Types of Devices: Overview of common devices such as e-cigarettes, vape pens, and mods.

### 1. E-Cigarettes

Compact devices designed to mimic traditional cigarettes. They come in disposable or rechargeable versions and usually contain nicotine.

### 2. Vape Pens

Slightly larger than e-cigarettes, vape pens are cylindrical devices that use pre-filled cartridges or tanks to hold e-liquid. They often have adjustable settings for wattage and temperature.

### 3. Pod Systems

These devices use pre-filled or refillable pods containing e-liquid. Pod systems are popular for their simplicity and discretion. They come in both closed (pre-filled) and open (refillable) varieties.

### 4. Box Mod Vaporizers

Larger, box-shaped devices that provide more power and customization options. These vaporizers often allow users to adjust wattage and temperature settings, and they typically have removable batteries.

### 5. Mechanical Mods

Advanced devices that do not have any electronic circuits. They require a deep understanding of battery safety and are commonly used by experienced vapers.

### 6. Dab Pens

Specifically designed for vaporizing cannabis concentrates, dab pens are similar in shape to vape pens but use a heating chamber to vaporize wax or oils.

### 7. Disposable Vapes

Ready-to-use devices that come pre-filled and are designed for single-use. Once the e-liquid is depleted, the entire device is discarded.

### 8. Sub-Ohm Tanks

Specialized tanks that allow users to use lower resistance coils for producing larger vapor clouds. These are often used in conjunction with box mods.

### 9. Nicotine Salt Devices

These are devices designed specifically for use with nicotine salt e-liquids, which provide a smoother throat hit and a quicker nicotine absorption, making them popular among novice vapers.

Statistics: Current statistics illustrating the prevalence of vaping among youth and emerging trends.

Vaping among youth remains a significant public health concern, despite recent declines in e-cigarette use. Current statistics highlight the prevalence and emerging trends in vaping among young people.

### Overview of Current Statistics

**Decline in Youth Vaping:** The number of middle and high school students using e-cigarettes decreased from 2.13 million (7.7%) in 2023 to 1.63 million (5.9%) in 2024, as reported by the National Youth Tobacco Survey (NYTS)

Results from the Annual National Youth Tobacco Survey | FDA

Significant Drop in Youth E-Cigarette Use Marks Progress, But Nearly 40% of Teens Who Vape Frequently Remain at High Risk for Nicotine Addiction, a Serious Public Health Concern

**Tobacco Product Use:** In 2024, 8.1% of students (2.25 million) reported using any tobacco product, with e-cigarettes being the most commonly used product among youth

**Flavored Products and Nicotine Addiction:** Nearly 40% of teens who vape report frequent use, indicating significant nicotine addiction. Flavored e-cigarettes remain popular, with 87.6% of current users preferring flavored products.

E-Cigarette Use Among Youth | Smoking and Tobacco Use | CDC

### Emerging Trends

**Disposable E-Cigarettes:** These devices are increasingly popular, particularly among youth, with brands like Elf Bar and Breeze being the most commonly used.

**Nicotine Pouches:** Though less common, nicotine pouches are still a concern, with 1.8% of middle and high school students reporting their use

**Marketing Strategies:** Vaping products continue to be marketed in ways that appeal to youth, including flavored products and social media influencers.

These trends and statistics underscore the ongoing need for targeted prevention efforts and support programs to address youth vaping effectively.

## Signs and Symptoms of Vaping

Sudden changes in behavior or mood.

Unexplained irritability or withdrawal from family.

Presence of vaping devices or unusual items like liquid capsules.

Physical Indicators:

Frequent nosebleeds, dry mouth, or throat irritation.

## Health Risks

Vaping poses several health risks, particularly for young users whose bodies and brains are still developing. Here are some of the significant health risks associated with vaping:

### 1. Nicotine Addiction

Many e-cigarettes and vaping products contain nicotine, which is highly addictive. Regular use can lead to dependence, making it difficult for individuals to quit.

### 2. Respiratory Issues

Vaping can cause inflammation and damage to lung tissue, leading to respiratory problems such as chronic cough, wheezing, and increased susceptibility to infections.

### 3. Cardiovascular Effects

Nicotine and other chemicals in vape products can increase heart rate, elevate blood pressure, and contribute to cardiovascular disease over time.

### 4. Impaired Brain Development

Vaping during adolescence can interfere with brain development, particularly in areas responsible for decision-making, impulse control, and emotional regulation. This can lead to increased risk-taking behaviors and mental health issues.

### 5. Chemical Exposure

E-cigarette aerosol contains harmful chemicals such as formaldehyde, acetaldehyde, and acrolein, which can cause damage to the lungs and other organs when inhaled.

### 6. Risk of EVALI

E-cigarette or vaping product use-associated lung injury (EVALI) is a serious condition linked to vaping, which can cause symptoms like chest pain, cough, shortness of breath, fever, and gastrointestinal issues. Some cases have required hospitalization and may lead to severe complications.

### 7. Potential for Long-term Health Effects

The long-term health effects of vaping are still being studied, but concerns include potential risks for chronic lung diseases, cardiovascular issues, and long-term cognitive effects.

### 8. Mental Health Concerns

There is an association between vaping and increased rates of anxiety and depression among adolescents. The addictive nature of nicotine can exacerbate these mental health issues.

### 9. Increased Risk of Traditional Tobacco Use

Youth who vape may be more likely to transition to traditional cigarette smoking or other tobacco products, increasing their overall health risks.



## Resources for Families

### My Life, My Quit

A free, confidential program designed to help teens quit vaping and smoking. It offers support via texting, phone calls, and online resources.

Website: My Life, My Quit (<https://mylifemyquit.com>)

### Peer Recovery Support Services (PRSS)

Various organizations across Massachusetts provide peer-led support groups for youth struggling with substance use. These programs offer guidance from individuals who have experienced similar challenges.

### Addiction Recovery Management Service (ARMS)

A program that offers support to adolescents and young adults, providing resources, counseling, and access to recovery support services.

Website: ARMS <http://www.williamjames.edu/>

### The Massachusetts Organization for Addiction Recovery (MOAR)

Offers support and recovery resources for individuals and families affected by substance use, including youth-specific initiatives.

Website: MOAR <https://moar-recovery.org>

### Teen Challenge New England

A faith-based recovery program for teens struggling with substance abuse. They provide support, counseling, and mentorship.

Website: Teen Challenge <https://teenchallenge.net>

### Boston Public Health Commission: Youth Programs

Provides various resources and programs targeting youth substance use, including educational resources, support groups, and prevention initiatives.

Website: Boston Public Health Commission <https://www.bphc.org>

### Learn to Cope

A support group for parents and caregivers of youth dealing with substance use issues, offering shared experiences and resources.

Website: Learn to Cope <https://www.learn2cope.org>

### Massachusetts Department of Public Health (MDPH)

Offers resources and information on youth substance use prevention and recovery initiatives, including info on local support groups and treatment centers.

Website: MDPH Substance Use Services <https://www.mass.gov/orgs/substance-use-services>

### SMART Recovery

Provides support meetings that focus on self-management and recovery training for those dealing with any form of addiction, including youth-focused programs.

Website: SMART Recovery <https://smartrecovery.org>

## Support Resources

Counseling and Quit Programs: Programs like "This is Quitting" powered by truth offer a free and confidential texting program for young people. They can text "VapeFreeMass" to 88709 to access resources and support information-about-youth-vaping-for-school-health-services)  
<https://www.bostonpublicschools.org/bps-departments/health-and-wellness/policy-promotions/wellness-promotions/vaping-prevention-resources>

[Massachusetts Tobacco Cessation and Prevention Program \(MTCP\) | Mass.gov](#)

Health Education Tools: The Massachusetts Department of Public Health provides various tools such as the "Nurse's Guide" and "Youth Quit Vaping Brochure" to help school nurses and families discuss vaping risks

Community Initiatives: The 84 Movement is a statewide initiative where youth groups can educate their peers about the dangers of tobacco and vaping, promoting local community change

<https://makesmokinghistory.org/dangers-of-vaping/schools/>

### Clinical Resources

Adolescent Substance Abuse Programs: Facilities such as Boston Children's Hospital and Boston Medical Center offer specialized programs for adolescents dealing with substance abuse, including vaping addiction

Tobacco Cessation Services: Resources like the Massachusetts Smokers' Quitline ([1-800-QUIT-NOW](#)) provide counseling and nicotine replacement therapy for those seeking to quit  
[Preventing E-Cigarette and Tobacco Use by Young People | Mass.gov](#)

### Community Policies

In Massachusetts, there are several initiatives and resources aimed at helping families cope with children who vape. Here is a detailed overview:

### Support and Education

This is Quitting: This program, powered by truth, offers a free and confidential texting service for youth who want to quit vaping. Youth can text "VapeFreeMass" to 88709 to enroll.  
[Get Outraged! Toolkit | Mass.gov](#)

My Life, My Quit: A specially designed program providing coaching sessions via phone, text, or chat to help young people quit vaping. They can text "Start My Quit" to 36072 or call [1-855-891-9989](#) for coaching

Vaping Awareness and Prevention Education (V.A.P.E.) Class: An online course focusing on vaping awareness and prevention, which may fulfill court or employer requirements  
<https://courseforvaping.com/states/MA>

### School Initiatives

Massachusetts schools often use anti-vaping health education, disciplinary actions, and alternatives-to-suspension programs. Peer-led initiatives, parental involvement, and alternatives to suspension are seen as effective strategies



## **Prevention Strategies**

- Preventive Tips:
- Establish open lines of communication about vaping and drug use.
- Educate children on the risks and effects of vaping.

## **Conversation Starters:**

### **Suggested phrases and questions to initiate discussions about vaping.**

1. "What do you think are the reasons some people start vaping?"
2. "Have you seen your friends or classmates vaping? How does it make you feel?"
3. "What do you think are some of the health risks associated with vaping?"
4. "Do you feel pressured to try vaping or any other substances at school? How do you handle that pressure?"
5. "If a friend offered you a vape, what would you say, and why?"
6. "How do you think vaping is different from smoking traditional cigarettes?"
7. "What do you think about the flavors that are often found in vape products? Do you think they make vaping more appealing?"
8. "Have you ever felt uncomfortable about someone vaping around you? What did you do in that situation?"
9. "What are some healthy coping strategies you can use instead of turning to vaping or other substances?"
10. "How can I support you if you ever feel tempted to try vaping or if you have questions about it?"

## Educational Resources

*Here's a list of recommended books on vaping that can provide families with useful information and insights:*

### Books

1. The Unfiltered Truth About Vaping: A Parent's Guide to Protecting Teens" by Nathaniel J. Doran

This book provides parents with essential information about vaping, its risks, and how to communicate effectively with their teens.

2. Vaping: The New Common Cold" by Marida W. Howells

An informative guide that discusses the dangers of vaping, particularly among young people, and offers strategies for parents to engage in conversations about health risks.

3. Stopping Vaping: A Practical Guide to Quitting E-Cigarettes and Vaping by David C. Klesius

This book provides practical advice for those trying to quit vaping and can serve as a resource for families supporting loved ones in their efforts to quit.

4. Hooked: Drug and Alcohol Abuse" by Laura Perde

Part of the "Let's Talk About" series, this book discusses substance abuse, including vaping, and gives families tools for understanding and discussing these topics.

## Advocacy and Policy Information

Overview of local laws regulating vaping products for youth.

Here's an overview of local laws and regulations in Massachusetts that regulate vaping products for youth:

### 1. Minimum Purchase Age

**Tobacco 21 Law:** Massachusetts law raises the minimum legal age for purchasing tobacco products, including vaping devices and e-cigarettes, from 18 to 21 years old. This law aims to reduce accessibility for minors.

### 2. Flavor Restrictions

**Flavored Tobacco Products:** In Massachusetts, the sale of all flavored tobacco products, including flavored e-liquids and vape products, is prohibited. This legislation was enacted to decrease the appeal of these products to youth.

### 3. Retail Licensure

**Licensing Requirements:** Retailers selling tobacco and vaping products must obtain a license from the local health department. This helps regulate who can sell these products and ensures compliance with state laws.

### 4. Marketing and Advertising Restrictions

**Youth Targeting:** Massachusetts law prohibits advertising tobacco and vaping products in a manner that targets youth, including marketing that employs cartoons or characters appealing to children.

### 5. Public Use Restrictions

**Indoor Vaping Bans:** Smoking and vaping are prohibited in certain public areas, including schools, playgrounds, and public transportation. This helps protect minors from exposure to secondhand aerosol.

### 6. School Policies

**Zero Tolerance Policies:** Many school districts in Massachusetts have implemented strict policies prohibiting the use of vaping products on school property, leading to disciplinary actions for violations.

### 7. Education and Prevention Programs

**Public Health Initiatives:** The state funds programs aimed at educating youth about the risks of vaping and tobacco use, promoting a smoke-free lifestyle.

### 8. Reporting and Data Collection

**Surveillance and Data Tracking:** Massachusetts monitors youth vaping trends through surveys and state health initiatives, collecting data to inform public health strategies and policies.

***Here are some instructions and steps families can take to become involved in advocacy efforts aimed at reducing youth vaping:***

**1. Educate Yourself and Your Family**

**Learn About Vaping:** Familiarize yourself with the risks associated with vaping, current statistics, and local laws related to substance use.

**Read Resources:** Utilize books, articles, and online resources to gather knowledge about vaping and its impact on youth.

**2. Engage in Open Discussions**

**Talk to Your Children:** Initiate conversations with your children about the dangers of vaping. Encourage them to share their thoughts and experiences in a non-judgmental atmosphere.

**Host Family Meetings:** Discuss the issue as a family and brainstorm ideas on how to address vaping in your community.

**3. Join Local Advocacy Groups**

**Connect with Advocacy Organizations:** Research and join local or state-level organizations focused on youth health, such as the Massachusetts Tobacco-Free Community Partnerships or the Massachusetts Organization for Addiction Recovery (MOAR).

**Participate in Events:** Attend community events, workshops, and forums focused on youth substance use prevention.

**4. Collaborate with Schools**

**Engage with Educators:** Work with your child's school to support existing anti-vaping programs and advocate for the inclusion of substance use education in the curriculum.

**Form Parent Groups:** Collaborate with other parents to create groups focused on substance use prevention and awareness in schools.

**5. Advocate for Policy Changes**

**Contact Legislators:** Reach out to local and state representatives to express your concerns about youth vaping. Encourage them to support legislation aimed at reducing vaping prevalence.

**Participate in Public Hearings:** Attend town hall meetings or public hearings where vaping policies and regulations are discussed. Share your perspective and advocate for effective policies.

**6. Organize Awareness Campaigns**

**Host Community Events:** Plan events such as educational workshops, community forums, or informational booths at local gatherings to raise awareness about the risks of vaping.

**Utilize Social Media:** Use social media platforms to share information, promote awareness events, and connect with others concerned about youth vaping.

**7. Support Youth-Led Initiatives**

**Empower Youth Voices:** Encourage your teens to participate in youth-led initiatives or coalitions focused on substance use prevention. Their involvement can lead to impactful peer education efforts.

**Mentorship:** Offer guidance and support to youth as they explore advocacy opportunities and develop their voices concerning vaping issues.

**8. Monitor and Report Vaping Activity**

**Stay Informed:** Keep track of vaping trends within your community and schools. Reporting these activities can help authorities take action.

**Use Feedback Forms:** Engage with local health departments and school districts to provide feedback on your observations and suggestions regarding vaping policies.



## Appendices

### Glossary of Terms: Definitions of common vaping-related terms.

- 1. E-Cigarette:** A handheld electronic device that vaporizes a liquid solution containing nicotine, flavorings, and other chemicals for inhalation.
- 2. Vape Pen:** A compact, pen-shaped device used for vaping, typically designed for e-liquids and available in various styles.
- 3. Pod System:** A type of vaping device that uses pre-filled or refillable pods. It is often more user-friendly and discreet compared to traditional e-cigarettes.
- 4. Disposable Vape:** A single-use vaping device that comes pre-filled with e-liquid and is disposed of once depleted.
- 5. Nicotine Salt:** A form of nicotine that is chemically altered to allow for higher concentrations without harshness, resulting in a smoother vaping experience.
- 6. E-Liquid (or E-Juice):** The liquid used in e-cigarettes and vaping devices, typically containing nicotine, flavorings, and a base of propylene glycol or vegetable glycerin.
- 7. Vapor:** The aerosol produced by a vaping device when the e-liquid is heated and inhaled, often confused with smoke.
- 8. Secondhand Vapor:** The aerosol exhaled by a vaper, which can contain harmful chemicals and impact those nearby.
- 9. Sub-Ohm Vaping:** A technique involving the use of low-resistance coils (below 1.0 ohm) that produces larger vapor clouds and intense flavor.
- 10. Dripping:** A method of vaping where users apply e-liquid directly onto the atomizer coil instead of using a tank, allowing for greater flavor and vapor production. It is often used in combination with VG or smoking traditional tobacco products.

11. Cloud Chasing: A vaping practice focused on producing large vapor clouds, often associated with sub-ohm vaping and advanced devices.
12. Coil: The heating element inside a vaping device that vaporizes the e-liquid when electricity flows through it.
13. Resistance: The measurement of how much a coil resists electrical current, affecting the device's performance and vapor production.
14. VG (Vegetable Glycerin): A thick, sweet liquid used in e-liquids to create vapor. VG is known for its vapor-producing properties.
15. PG (Propylene Glycol): A thinner liquid used in e-liquids that provides a throat hit similar to traditional smoking. It is often used in combination with VG.
16. Vaping Device: A general term that refers to any electronic device used to vaporize e-liquid for inhalation, including e-cigarettes, vape pens, and mods.
17. Nicotine Addiction: A chronic condition caused by the repeated use of nicotine products, leading to physical dependence and cravings.
18. EVALI (E-cigarette or Vaping Product Use-Associated Lung Injury): A serious health condition associated with vaping that results in lung damage, often linked to specific substances in vaping products.
19. Flavor Ban: Legislative efforts to prohibit flavored e-liquids, which are often targeted at reducing youth appeal.
20. Harm Reduction: Strategies aimed at minimizing the negative health effects associated with substance use, including vaping as an alternative to smoking traditional tobacco products.

**This glossary provides families with essential definitions to facilitate understanding and discussions about vaping-related issues.**

# FLOW US ON SOCIAL MEDIA

TO STAY UPDATED ABOUT CURRENT EVENTS

*Instagram: @mothersagainstdrugs*

*Facebook: Mothers Against Drugs Inc.*

*Youtube: @MADMOMS MEDIA*

**Contact:**

**Email: Janice@mothersagainstdrugs5.org**

**Visit our website:**

**<https://mothersagainstdrugs5.org/>**

