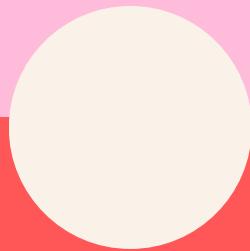


**UNIVERSITY OF GEORGIA
HPRB 5410W**



**HOW TO
ADDRESS VAPING
WITH YOUR TEEN**

TABLE OF CONTENTS

1	What is Vaping?	3
2	Harms Of Vaping Addiction	8
3	Signs Of Addiction	12
4	How To Talk To Your Teen About Addiction	18
5	Prognosis/Treatment	25
6	How To Help Your Teen Through Recovery	30
7	Overview	36

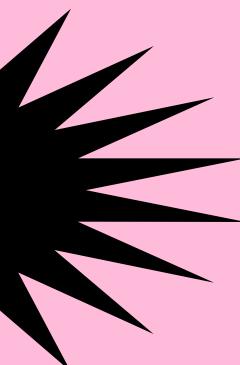


1

WHAT IS VAPING

VAPING IS...

The act of holding a vape or an e-cigarette and inhaling a mist or vapor into your lungs. The vape heats liquid nicotine, flavoring, and propylene glycol, creating an aerosol you breathe into your lungs through a mouthpiece at the top of the vape/pen/e-cigarette. A common misconception is that vapes are just flavored water vapor, but this is false, and it does contain harmful chemicals.



Elements of a vape:

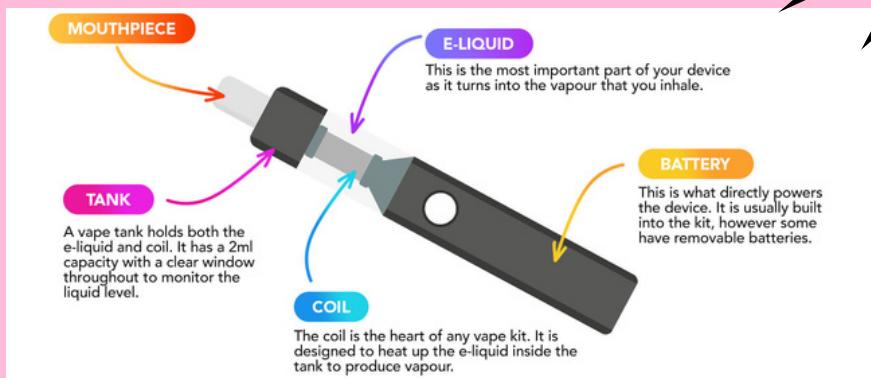


1. A cartridge, tank, or pod that holds liquid (can be refillable).
2. A heating element for turning the liquid into breathable particles (aerosol, commonly called “vapor”).
3. A battery to power the heating element.
4. A power or control button (some are activated by sensors when you inhale).
5. A mouthpiece to breathe in the aerosol.



KNOW WHAT YOUR LOOKING FOR...

“Vapes come in many shapes and sizes but they have the same essential components, including a battery, sensor, and atomizer/ flavor cartridge. The e-liquid is quickly heated and converted to an aerosol that can be inhaled into the lungs.”



History of E-Cigarettes

1960s: Smokeless tobacco product was patented but never commercialized.

2003: Modern e-cigs were invented by Hon Lik, a Chinese pharmacist after his father, a heavy smoker, died of lung cancer.

2004: Hon's invention was introduced to the market through a company called Ruyan.

2006-2007: Vapes hit the US markets.

2015: Vaping becomes popular and the pod system revolutionizes the market due to being compact and high in nicotine.

2019: Recognition of a “vape crisis” emerges.

2020s: Governments have started to put regulations on vaping due to new studies on harmful effects.



3

VAPING VS. SMOKING

Nicotine Delivery

Smoking: Delivers nicotine directly through combustion.

Vaping: Delivers the nicotine through vaporized liquid.

Smell

Smoking: Leaves behind a strong smell of tobacco or smoke

Vaping: Smells less but may leave behind a fruity scent

Chemical Contents

Smoking: Contains thousands of proven toxic chemicals.

Vaping: Fewer chemicals but still toxins like: formaldehyde and acetaldehyde

Social Perception

Smoking: Less socially accepted with many restricted areas.

Vaping: More socially accepted and perceived as less harmful. Less restrictions.

Bibliography

1. Health effects of vaping. Centers for Disease Control and Prevention. Accessed December 5, 2024. <https://www.cdc.gov/tobacco/e-cigarettes/health-effects.html>.
2. Lichtenberg K. E-Cigarettes: Current Evidence and Policy. Mo Med. 2017;114(5):335-338.
3. Professional CC medical. Vaping (e-cigarettes): What it is, side effects & dangers. Cleveland Clinic. June 21, 2024. Accessed December 4, 2024. <https://my.clevelandclinic.org/health/treatments/21162-vaping>.
4. Vaping vs. smoking: What does decades of research tell us? American Chemical Society. Accessed December 5, 2024. <https://www.acs.org/pressroom/tiny-matters/vaping-vs-smoking.html>.

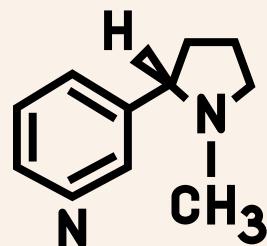
2

Harms of Vaping Addiction

Harms:

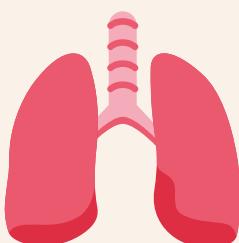
Addiction:

Nicotine can be highly addictive and can make stopping the habit of vaping difficult. This is particularly true for developing brains because it changes how synapses form. This can harm your brain's parts responsible for attention and learning. It also inhibits the signal that interacts with the pre-frontal cortex, the last part of the brain to mature, and can explain altered function in teens who are exposed to nicotine.



Lung Damage:

Vaping can cause permanent lung damage, including infections and worsening conditions like asthma. A common condition is “popcorn lung” or bronchiolitis obliterans. It is a result of damage to the lung’s small airways. It is a result of a flavor additive called Diacetyl. This causes permanent scarring and makes it difficult to breathe.



Heart Disease:

Nicotine is a toxic substance so in addition to it affecting your brain, it can affect your heart. It raises your heart rate and then spikes your adrenaline. This increases your blood pressure which can increase your risk for heart attacks. It also can lower your respiratory reserve and how quickly your heart rate recovery is.



CALL
911

Other health issues:

These are not all that vaping causes. Vaping has been linked with nausea, vomiting, irritation to the mouth and airway, and heart palpitations. There have also been reports of people having seizures after vaping.

If you or your teen experiences any adverse health effects after vaping, call your doctor or 911.

Bibliography

1. Help for teens & young adults. Health & Human Services. November 20, 2023. Accessed December 5, 2024.
<https://hhs.iowa.gov/programs/programs-and-services/tobacco-use-prevention-control/vaping-electronic-smoking/teens#:~:text=Brain%20Risks&text=These%20risks%20include%20nicotine%20addiction,that%20control%20attention%20and%20learning>
2. People who vape have worrisome changes in Cardiovascular Function, even as young adults. American Heart Association. Accessed December 5, 2024. <https://newsroom.heart.org/news/people-who-vape-had-worrisome-changes-in-cardiovascular-function-even-as-young-adults>.
3. What does vaping do to your lungs? Johns Hopkins Medicine. June 20, 2024. Accessed December 5, 2024.
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/what-does-vaping-do-to-your-lungs#:~:text=Those%20who%20develop%20these%20blisters,blisters%20leading%20to%20lung%20collapse>



3

SIGNS OF ADDICTION

ADDICTION **VS** **SUBSTANCE ABUSE¹**



SUBSTANCE ABUSE

Substance abuse is using a substance in an unhealthy way. This could lead to addiction. However, people with substance abuse disorder can stop using when they would like to. People with addictions feel psychologically and physiologically compelled to continue the action.

ADDICTION

While occasional usage of vapes can have adverse health effects, addiction often has unique symptoms. Substance addiction is the uncontrollable urge to do something and it interferes with everyday life. People with addiction are physiologically dependent on the substance.

SYMPTOMS OF ADDICTION²

Increased usage to achieve desired results²

Once the body starts to tolerate their normal amount of usage, they often start to get more cravings. This is because the body needs more nicotine to achieve the same result as before.



Unsuccessful attempts to quit²

Addiction is often uncontrollable. When trying to stop, teenagers often face withdrawal symptoms. These could manifest physically (chills, headaches, etc.) or emotionally (irritable, angry, sadness). Withdrawal can get in the way of everyday life, like academics, hobbies, and hanging out with friends. This makes it harder to quit.





Physical symptoms²

Addiction to vaping can manifest in physical symptoms, such as shortness of breath, persistent coughing, and mouth irritation. Your teenager may also have changes in appetite and difficulty sleeping.

Social Symptoms²

You may notice your teenager withdrawing from their friends or getting new friends. They may become more secretive about where they are and who they are with.



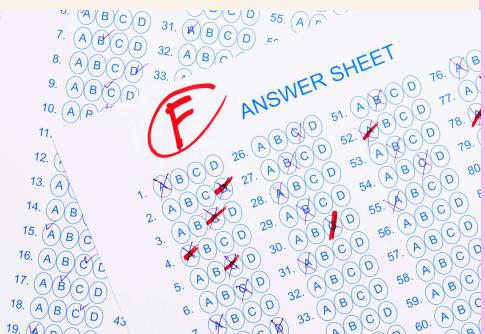


Unbearable Cravings²

Teenagers addicted to vaping often crave using again. They often can't control these cravings, leading to increased usage.

Financial Issues³

Addiction can lead to excessive spending on vapes and other substances. You may notice unexplained expenses or they might start asking you for more money, getting irritated or angry if they don't get it.



Decline in Academics³

Addiction affects daily life, which could lead to a decline in their grades. They may also suffer in other aspects of school, like participation in extracurricular activities and sports.

Bibliography

1. Bauman J. Substance Abuse vs Addiction? - Bradford Health Services - Drug and Alcohol Rehabilitation Center. Bradford Health Services - Drug and Alcohol Rehabilitation Center. Published June 2, 2018.
<https://bradfordhealth.com/substance-abuse-vs-addiction/>
2. Simpson KA, Kechter A, Schiff SJ, et al. Characterizing symptoms of e-cigarette dependence: a qualitative study of young adults. BMC Public Health. 2021;21(1). doi:<https://doi.org/10.1186/s12889-021-10945-z>
3. Mayo Clinic. Nicotine Dependence - Symptoms and Causes. Mayo Clinic. Published April 19, 2022. <https://www.mayoclinic.org/diseases-conditions/nicotine-dependence/symptoms-causes/syc-20351584>

4



HOW TO TALK TO YOUR TEEN ABOUT ADDICTION

HAVE A CONVERSATION

CHOOSE THE RIGHT SPACE¹

Choose a place where your teen feels relaxed and safe. Make sure the location is private. The conversation should encourage open dialogue, without the stress of other people hearing or judging.



CHOOSE THE RIGHT TIME¹

Choose a time where you are both free. Avoid having this conversation when you are both stressed or busy so that you can talk for as long as you need to. Try not to have this conversation when your child is under the influence. Make sure you can both give the conversation your full attention, free of distractions from your phones.



ASK OPEN ENDED QUESTIONS ¹

Ask them what they know about addiction and if they've ever tried substances. Encourage open conversation and listen to what they have to say. Avoid accusation and approach the situation with empathy.



SHARE YOUR CONCERNS ¹

Be specific on why you are concerned that your teen is addicted. Share any symptoms that you have noticed, being clear that this is not a random accusation against them. Focus on the facts about why vaping addiction is dangerous. Emphasize that you are concerned about them and want to help.



STAY CALM ¹

There is a possibility that your teenager will lash out and get angry for bringing up their addiction. Try to avoid lecturing. Remember that addiction goes beyond bad behavior and consequences. While it is important to set boundaries, remember that your concern is for your teen's well being.



WHAT IF THEY LIE?²

Your teen may lie about their vape use. While it may be frustrating, try not to raise your voice. Instead, try to verify their claims or present why you know what they are saying is not true. It is important for your teen to trust you. Consider doing away with immediate consequences, showing them that you want this to be a safe space.

WHAT IF THEY TALK ABOUT MY SMOKING?²

If you currently smoke or vape, try not to do it in front of your teen. This could help normalize their behavior, making it harder for your teen to recognize addiction. Talk about the difference between occasional use and addiction, explaining why you are concerned. You may choose to keep your own substance use private or share it with them. Do not glamorize the behavior, focusing on the consequences of addiction.



Have ongoing conversations

One conversation is unlikely to get your teenager to quit vaping. Be prepared to bring up the issue multiple times in low stress and non-judgemental ways. It is important that your teen feels safe enough to open up to you.

Set goals

Set goals before each conversation. You may want your child to increase their trust in you, be honest about their vaping, recognize their addiction, or simply spend time with healthier peers. Remember that your goals should not overshadow what your teen is telling you, but they can guide your conversations.

FOCUSING ON THE FUTURE³

Consider how you are going to handle their addiction

Before having the conversation, think about the next steps you will take to get your teen help. This could include confiscating nicotine products and consulting a doctor/therapist.

WHEN TO SEE A HEALTHCARE PROFESSIONAL⁴

Physical Symptoms

- Your teen experiences persistent coughing, wheezing, or shortness of breath.
- Chest pain or difficulty breathing occurs.
- They have unexplained nausea, vomiting, or abdominal pain.

Signs of Nicotine Addiction

- Difficulty stopping vaping despite attempts to quit.
- Irritability, restlessness, or anxiety when unable to vape.

Mental Health Concerns

- Increased feelings of anxiety or depression.
- Sudden changes in mood or behavior.

Uncertainty About Vaping-Related Products

- You suspect your teen is using unknown substances or has ingested something harmful.

Support for Quitting

- Your teen expresses a desire to quit vaping but is unsure how to begin.
- They have tried to quit but experienced withdrawal symptoms or relapsed.



Bibliography

1. Mayo Clinic. Nicotine Dependence - Symptoms and Causes. Mayo Clinic. Published April 19, 2022. <https://www.mayoclinic.org/diseases-conditions/nicotine-dependence/symptoms-causes/syc-20351584>
2. Association AL. Vaping Conversation Guide. [www.lung.org](https://www.lung.org/quit-smoking/helping-teens-quit/talk-about-vaping/conversation-guide).
<https://www.lung.org/quit-smoking/helping-teens-quit/talk-about-vaping/conversation-guide>
3. Aussem P. Having Tough Conversations. Partnership to End Addiction. Published December 2023. <https://drugfree.org/article/having-tough-conversations/>
4. National Cancer Institute. Quit vaping. Smokefree Teen. Accessed December 3, 2024. <https://teen.smokefree.gov/quit-vaping>

5

Prognosis/ Treatment



TYPES OF TREATMENT¹

Treatment for vaping addiction includes a combination of behavioral therapy, counseling, and sometimes medication, depending on the severity of the addiction.

Common approaches:

BEHAVIOR COUNSELING

Helps teens identify triggers, build coping strategies, and set goals for quitting.

MEDICATION

In some cases, medications like bupropion are prescribed to manage withdrawal symptoms, but this is generally less common in teens.

NICOTINE REPLACEMENT THERAPY (NRT)²

For severe addiction, patches, lozenges, or gum can manage cravings, though these are used carefully under medical supervision.



Therapy/Rehab³

Individual Counseling

- This approach provides personalized support to address the underlying causes of vaping addiction, such as stress, anxiety, or peer pressure.
- Techniques like cognitive-behavioral therapy (CBT) can help reshape negative thought patterns and reinforce positive behaviors

Group Therapy/Support Groups

- In group settings, teens share experiences and learn from others navigating similar challenges.
- Support groups may incorporate activities such as role-playing, mindfulness exercises, or discussions about strategies to avoid relapse.

RESIDENTIAL TREATMENT CENTERS

- For severe or persistent cases, residential rehab centers offer structured programs that include medical supervision, behavioral therapy, and education about addiction.
- Teens benefit from a focused environment, free from external influences, where they can develop healthier habits.



How to help your teen through treatment⁴

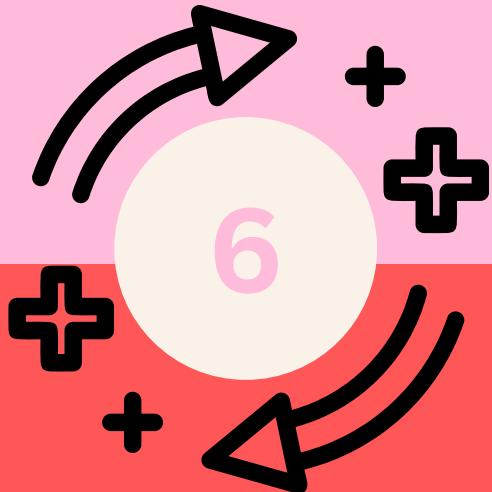
Supporting a teen through addiction recovery requires patience, empathy, and ongoing communication.

- **Encourage Open Dialogue:** Maintain an open and nonjudgmental space for your teen to discuss struggles and progress.
- **Set Realistic Goals:** Help your teen set achievable milestones and celebrate small victories.
- **Involve Them in Healthy Activities:** Encourage alternatives like sports, arts, or hobbies that engage and distract them from cravings.
- **Stay Educated:** Understanding vaping effects and treatment options makes it easier to empathize and support your teen effectively.



Bibliography

1. Belendiuk KA, Riggs P. Treatment of adolescent substance use disorders. *Curr Treat Options Psychiatry*. 2014;1(2):175-188. doi:10.1007/s40501-014-0016-3.
2. American Psychiatric Association. Vaping is unhealthy: Tips and resources to help quit. Accessed December 3, 2024. <https://www.psychiatry.org/news-room/apa-blogs/vaping-is-unhealthy-tips-and-resources-to-help-qui>.
3. Mayo Clinic Press. Is vaping safe for teens? Accessed December 3, 2024. <https://mcpress.mayoclinic.org/parenting/is-vaping-safe-for-teens/>.
4. Jade Wellness. 6 effective strategies for supporting teens in addiction recovery. Accessed December 3, 2024. <https://myjadewellness.com/6-effective-strategies-for-supporting-teens-in-addiction-recovery/>.



How to Help Your Teen with Recovery

How Can You Help?

There are many things you, as parents, can do to help their teen recover from their vaping addiction.

1

Acknowledging the Problem

The first step to helping your teen through their recovery from a vaping addiction is to help them acknowledge their addiction. If they do not recognize their addiction as a problem, they are not going to want to change.³

2

Reducing Shame

The second step to helping your teen through their recovery is to reduce shame around the addiction. This helps to create a safe environment that makes your teen feel more comfortable to seek help and change.³

Build a Strong Support System

The third step to helping your teen with their recovery from a vaping addiction is to create a support system.

3



You can do this by:

- Believing in your kid's ability to quit
- Limiting judgement so your child feels safe being honest
- Holding your teen accountable if they continue vaping.¹

4

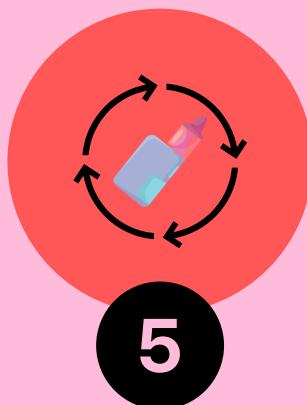


Create Distractions

The fourth step to helping your teen recover is to distract your teen so they do not focus on not being able to vape.²

You can do this by:

- Exercising with your teen
- Trying a new hobby with your teen
- Relaxation techniques such as meditating¹



Prepare for a Relapse

The Fifth step to helping your teen with their recovery from a vaping addiction is to prepare yourself for if your teen relapses. By being prepared, you will be able to get your teen to help your teen quit vaping again, quicker.⁴

You can do this by:

- Educating yourself on relapsing. It is common and a part of the journey to recovery.
- Recognizing the signs of a vaping addiction.
- Staying connected to any resources that helped your teen quit originally; e.g. a therapist
- Continuing to create a safe environment for your teen⁴

Additional Resources

NICOTINE REPLACEMENT THERAPY

Vaping can lead to a physical dependence on nicotine which is hard to quit cold turkey. To help teens ween off of vaping, tools like nicotine patches and nicotine gum can help. However, these practices are best if not used ² long term.



ONLINE SUPPORT GROUPS

The Truth Initiative offers 24/7 help and support for teens who are trying to quit vaping. Encouraging your kids to sign up for these messages could be very beneficial ⁵ for their recovery process.

Text “**DITCHVAPE**” to **88709**



Bibliography

1. Cleveland Clinic. How to quit smoking: 7 ways to kick the habit. Cleveland Clinic. February 28, 2022. Accessed December 5, 2024.

<https://health.clevelandclinic.org/quitting-smoking>.

2. Cleveland Clinic. Vaping is addicting. Cleveland Clinic. October 26, 2022. Accessed December 5, 2024.

<https://health.clevelandclinic.org/how-to-quit-vaping>.

3. Linney S. Why acceptance is an essential part of recovery. American Addiction Centers. September 13, 2022. Accessed December 5, 2024.

https://americanaddictioncenters.org/blog/acceptance-is-part-of-recovery?utm_source=chatgpt.com.

4. Talcherkar A. What are the 6 stages of addiction recovery? Addiction Resource. January 31, 2024. Accessed December 5, 2024. <https://www.addictionresource.net/expert-articles/what-are-the-6-stages-of-recovery/>.

5. Truth. This is quitting. truth. Accessed December 5, 2024. <https://www.thetruth.com/about-truth/collaboration/this-is-quitting>.

7

Overview



WHAT HAVE YOU LEARNED?

This manual provides important information that can guide parents through helping their teens with a vaping addiction. First, parents can learn about what vaping is and why it is so dangerous. They also can learn about the signs of an addiction. This helps parents identify the issue so they can work towards solving it. Next, parents can learn the best methods they should use to talk to their kids about their poor vaping habits. After that, parents have the opportunity to read about when it is a good time to seek professional help and treatment options. Lastly, this manual provides parents with valuable lessons on helping their child through recovery while providing resource for them to use as well. The purpose of this manual is to mitigate the issue of vaping in teens by giving parents the necessary tools and resources that can help. Hopefully you have learned something that will help you save your teen from vaping

