

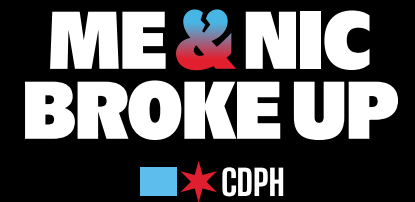
HOW TO TALK TO YOUTH ABOUT VAPING

WHAT TO SAY (AND NOT SAY)

**ME & NIC
BROKE UP**

- Recognize that vaping is often tied to stress relief, social belonging, or anxiety management – address those underlying needs, not just the behavior
- Avoid scare tactics and exaggerated claims; youth will dismiss messaging they perceive as overblown or dishonest
- Acknowledge that quitting is genuinely hard – nicotine addiction is real and powerful, regardless of the delivery method
- Focus on what matters to them – athletic performance, appearance, finances, mental health, or freedom from dependence – rather than abstract long-term health consequences
- Avoid ultimatums when possible; they tend to increase resistance and shut down dialogue
- Know the facts about nicotine addiction so you can speak credibly; youth will notice if you're misinformed
- Offer the “Student Quit Kit” as a resource

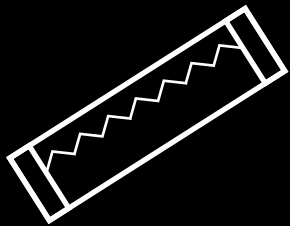
DANGERS OF VAPING



- The teenage brain is still developing until around age 25, making it significantly more vulnerable to nicotine addiction than an adult brain
- Nicotine exposure during adolescence can disrupt the development of brain circuits that control attention, learning, and impulse control
- Early nicotine use is associated with increased risk of anxiety, depression, and mood disorders
- Most vaping products contain nicotine levels that are extremely high — some pods contain as much nicotine as an entire pack of cigarettes
- Youth can become addicted faster and with less exposure than adults
- Nicotine addiction in adolescence makes it harder to quit and increases the likelihood of using other tobacco products later in life
- Vaping exposes the lungs to aerosol containing harmful chemicals including heavy metals, ultrafine particles, and volatile organic compounds
- Nicotine raises heart rate and blood pressure, putting added stress on the cardiovascular system
- Vape aerosol has been found to contain formaldehyde, acrolein, and diacetyl — chemicals linked to serious lung disease and cancer
- Regular nicotine use is strongly associated with increased rates of anxiety and depression in teens

VAPING ALTERNATIVES

**ME & NIC
BROKE UP**
CDPH



KEEP YOUR MOUTH BUSY



DISTRACT YOUR HANDS



GET MOVING DAILY



WRITE IT OUT

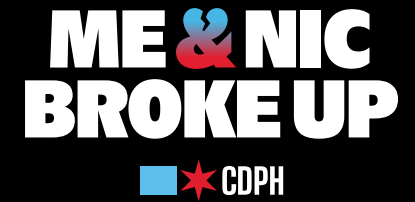


LEAN ON FRIENDS



TALK TO SOMEONE

LET'S TALK FACTS



- In the U.S., youth use vapes more than any other tobacco product, and no tobacco product is safe especially for children, teens and young adults.
- In 2024, 1.63 million U.S. middle and high school students reported vaping.
- Most vapes contain nicotine, which is highly addictive. Nicotine harms the part of an adolescent's brain that controls attention, learning, mood and impulse control.
- Nicotine and vaping are linked to anxiety, irritability and mood changes.
- Vaping can lead to lung damage, breathing problems, difficulty concentrating, inflammation of the heart, and many other long-term health risks.
- The availability of flavored, social influences, and the effect of nicotine lead youth to start or continue vaping. However, most middle or high school students who vape want to quit.
- Quitting leads to immediate and long-term benefits in lung health, heart function, brain health and overall wellbeing. Nicotine leaves the body within 24 to 72 hours, resulting in immediate effects such as reduced heart rate and blood pressure.
- Vaping cessation among teens leads to reduced anxiety and stress, improved mood stability, better focus and concentration, and lowers the risk of depression.