

Effects of Vaping on Adolescent Development

What are E-cigarettes?



An e-cigarette is an electronic device that heats a liquid and produces an aerosol or mix of small particles. The aerosol is inhaled by the user. Using an e-cigarette is often referred to as “vaping” and contains nicotine, THC, CBD, etc.



E-Cigarettes vary in shape and size. Some e-cigarettes look like regular cigarettes, cigars, or pipes. However, other commonly used e-cigarettes can also be disguised as USB flash drives, pens, or other everyday objects.



Aerosol produced by e-cigarettes is **NOT** harmless water vapor. According to the CDC, E-cigarette aerosol can contain harmful substances including, but not limited to, nicotine and cancer-causing chemicals.



The marketing of e-cigarettes can be misleading and make it difficult to know what e-cigarette products really contain. Some products marketed as containing zero percent nicotine have been found to contain nicotine.



Image Source: CDC.gov

What are the risks of vaping for adolescents?

Recent national surveys show that vaping is 2-3x more common among adolescents and young adults than among older adults. E-cigarette marketing strategies often misconstrue the risks of using vaping products and contribute to the misperceptions about what these products contain. While scientists are still working to understand the long-term effects of E-cigarette use, the effects of nicotine use in teens and adolescents are very clear and well-studied. A breadth of research shows that nicotine can harm and impede brain development, particularly in areas that control attention, learning, mood, and impulse control. Because our brains continue to develop until about age 25, children and adolescents are especially vulnerable to these harmful effects. Several correlational studies have also found that nicotine use in adolescence may increase risk for future addiction to other drugs.

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What is Nicotine Dependence?



Nicotine is a highly addictive substance. The adolescent brain is particularly vulnerable to developing addiction. For some, exposure to any amount of nicotine can quickly result in dependence. Major indicators of nicotine dependence include withdrawal symptoms.

What are the symptoms of withdrawal?

Withdrawal symptoms are extremely unpleasant to experience and present considerable challenges in cessation.

Headaches

Irritability

Concentration Issues

Increased appetite

Sleep difficulties

Tips for Talking to Your Child or Teen

- ✓ **Set an Example.** If you use tobacco products, it is not too late to quit. The best way to ensure our children are drug-free is to model this behavior and abstain from drug use.
- ✓ **Set the facts straight.** Children and teens can be susceptible to misleading advertisements or may be influenced by peers who use e-cigarette products. Explain to your child why e-cigarettes are harmful/unsafe and encourage them to be a positive influence for others.
- ✓ **Seek professional help.** Schedule an appointment with a healthcare provider so that your child can learn about the associated health risks from a professional.

Who do I contact to find out more?

Referrals for mental health treatment can be made by physicians, mental health professionals, other allied health professionals, or from the patient or family directly. Please contact us as listed below for more information.



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450 Newport Center Drive, Suite 380 • Newport Beach, CA 92660
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