

VAPING IS A GROWING PROBLEM. VAPING THC IS A DEADLY PROBLEM.

With the popularity of stealth vaping devices, such as Juul, there has been a sharp increase in the number of high school students that have reported using nicotine vape products, and the numbers are only rising. More alarming, the number of young people that have admitted to vaping THC (Tetrahydrocannabinol - the active ingredient in marijuana that gives users a high) are on the rise too. Vaping THC is suspected as a primary cause in the increasing number of cases of lung collapse, severe lung disease and deaths across the county.

As a parent or guardian, equipping yourself with the knowledge about vaping THC and developing strategies to address this behavior with young people is a primary concern.

How Is Marijuana Vaped, Anyway?

"Vaping" is when someone inhales the vapor from a leaf, oil or liquid substance that has been heated in a battery operated device called a vaporizer. Vaporizers can come in many different shapes and sizes. There are vaporizers that transform dry leaf marijuana, "wax", "dab" or concentrate forms, and THC oil infused e-liquids. Any e-cigarette vaporizer can be used to vape THC, even Juuls can be modified and filled with THC e-liquids.



RESOURCES

Family Checkup :

www.drugabuse.gov/family-checkup

Seeking Treatment:

www.drugabuse.gov/publications/step-by-step-guides-to-finding-treatment-drug-use-disorders/

Centers for Disease Control and Prevention:

www.cdc.gov/marijuana/

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HOW TO TELL IF YOUR CHILD IS VAPING THC AND WHAT TO DO ABOUT IT



IS VAPING THC SAFE? NO!

// WARNING //

A popular misconception is that vaping is safer than smoking combustible substances, but that idea may simply be wrong. There isn't a lot of research concerning the safety of vaping THC, but there have been hundreds and hundreds of cases of serious lung disease and injury, and it is thought to have played a part in a growing number of vaping/respiratory related deaths. The bottomline is that vaping THC is a risk business that may lead to serious health consequences and even death.



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How Do I Tell If My Child Is Vaping THC?

Figuring out if a kid is using THC vapes is not easy. It's hard to detect because there is no smoke, very little smell (if at all) and not much vapor. However, the user may display normal telltale signs of marijuana use. They may also show changes in behavior, mood, friend groups and activities.

Signs of Marijuana Use

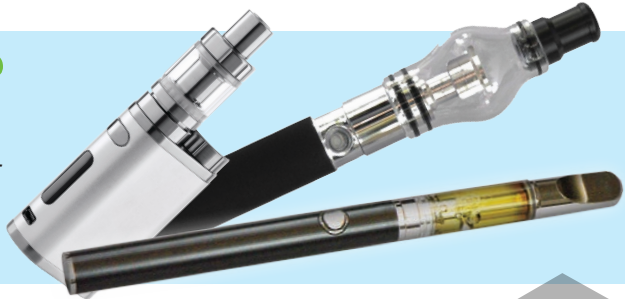
- Bloodshot, red eyes
- Laughing at the wrong times or for no reason
- Confused conversations
- Bringing up unrelated subjects or stories
- General lack of energy
- Excessive sleep
- Increased appetite (munchies)
- Paranoia or panic
- Lack of coordination
- Slower reaction times

If you suspect they're using, look for vaping paraphernalia. Vaporizers may look like flash drives, pens, or flashlights with cartridges or tanks attached. Also look for packaging and containers or jars that contain liquids, gels or waxy substances. If you find something but you're not sure what it is, it might be a good time to ask the child for more information.



BUT WHAT DO THEY LOOK LIKE?

THC vaping devices come in many shapes and sizes, including the common pen battery, the compact 'box mod', and even glass bulb 'wax' vaporizer units. THC vape cartridges are sold in bright, colorful packaging and the cartridges themselves are usually filled with a yellow hued oil.



Talking Guidelines

- Know the facts about vaping THC before you start.
- Be patient and listen, the goal is to have a conversation.
- Look for natural opportunities to talk about vaping THC, such as passing a vape shop, smelling marijuana on the street, seeing someone use a vape or a vape advertisement.
- Show interest and concern. Try not to blame or accuse.
- Set a positive example by being drug-free.

to having a calm, loving, but firm conversation about the child's drug use. Determine ahead of time what the rules will be and what consequences the child will face if they break those rules.

When you confront your child, be prepared for an angry reaction. Try to stay calm no matter what hurtful language is thrown your way. Also be prepared for the child to deny their drug use. If the conversation gets out of hand, don't be afraid to shut it down and continue at another time. Explain the rules and what will happen if he or she breaks those rules. Try to end your conversation in a way that lets your child know that you love and care about their well being.

How Can I Prevent My Teen From Vaping THC?

One of the most important things you can do as a parent to prevent teens from vaping THC is to sit them down and have a conversation about it. Before you begin, you should know the facts about vaping THC so you can give them accurate information and clear up any confusions. Use open-ended questions to get the conversation started. Ask them if they know any kids at school vaping THC and how they feel about it. Why do they think kids are vaping THC? The important thing is to get the child freely talking. It is also important that you as a parent listen. This should not be a lecture, but an open discussion about a deadly serious topic.

Talking about drug abuse early, openly and often can be an effective prevention tool.

What If My Teen Is Already Vaping THC?

If you discover that your child is vaping THC, it's time to take action. Make sure your spouse or partner are both on the same page before you confront your child. You should both commit

If your child continues to use THC vapes to the point of dependence, seeking professional help is an important next step. Start by bringing them to a doctor who can examine them for signs of drug use and other health related issues. Your doctor should be able to referral to an appropriate treatment provider. You may also directly seek the advice of an addiction specialist. They have the experience and resources to assist you in seeking further treatment.



Armed with the power of knowledge, open communication, firm rules and consequences, you can protect your child from the dangers of vaping THC.