

VAPING: Is Your Teen Addicted Yet?

Risks of Vaping

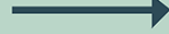
In the brain, nicotine binds to receptors, opening ion channels and releasing dopamine, making you happy. Regular nicotine use increases tolerance and drives addiction. Withdrawal causes anxiety and stress



Nicotine absorbed by the lungs



Moves through the bloodstream



Causes tolerance, addiction and withdrawal

Talk to your teen with an encouraging and authoritative approach to show interest and care

Avoid aggression and demands

Educate your teen about the dangers of their vaping habits

20% of teens don't know vape juice contains nicotine

Take Action

Establish alternate coping mechanisms such as physical exercise to reduce stress and temptations



Impacts of Vaping



Increased risk of cardiovascular, gastrointestinal and respiratory disorders



May alleviate stress, but increases the risk of attention loss and mood disorders



Vaping habits spread at social events; a single vape can be shared by multiple teens



Bandwagon effect normalizes vaping amongst teens who are exposed to peer pressure

