

# Brenham Independent School District

## What Parents Need to Know About Vaping

### What is an electronic cigarette or vape?

According to the National Institute on Drug Abuse (NIDA), electronic cigarettes (also called e-cigarettes, vapes or Juuls) are battery-operated devices designed to deliver nicotine with flavorings and other chemicals to users in vapor instead of smoke. A battery powers a heating element that vaporizes the liquid nicotine contained within a cartridge in the e-cigarette so that what is inhaled and then exhaled looks like smoke, but is typically odorless.

### What does an electronic cigarette look like?

There are all kinds of shapes of e-cigarettes and vapes, and many are designed so they are not recognized in a search. They may look like a flash drive, a pen, or even candy. Vape pens and other e-cigarette devices are incredibly easy to conceal. Unless a parent knows what they're looking for, they may not realize that their child even owns one.

### Is vaping addictive?

**Yes.** According to the American Lung Association, there is a misconception that vapes are just flavors and steam. Not true. Vaping is highly addictive. In fact, one JUUL pod contains as much nicotine as 20 cigarettes or about one pack of cigarettes. Vape pods also contain toxins and carcinogens, including formaldehyde, propylene glycol and acrolein, which can cause irreversible lung damage. And because vaping is new, we're still uncovering its long-term health effects.

### Can electronic cigarettes be used for marijuana?

**Yes.** Electronic cigarettes can be used to vaporize marijuana, opiates, and synthetic substances. "Dabbing" is another word for smoking or vaping THC extracts from marijuana. These extracts are concentrated and vaping them can deliver very large amounts of THC, so the side effects of dabbing are often more powerful than those from smoked marijuana.

### What can I do to protect my child?

Look for opportunities to start a conversation with your child. Be patient and ready to listen, but know the facts so you can answer their questions. Use these conversation starters:

- Are your friends vaping? (Don't react, just listen!)
- What do you think about vaping? (Dispel any myths.)
- Do you know how vaping can damage your health? (Share the facts.)

If you have specific concerns, please reach out to a campus administrator or use our Safe2SpeakUp online reporting tool which can be found under Parent Information on the Brenham ISD website.