



Teens and Vaping

[E-cigarettes](#), or vape pens, have become very popular among high school students in the past 5 years. E-cigarettes are battery-operated devices that heat a liquid which usually contains nicotine and other flavoring and additives. Vaping is inhaling the aerosol or vapor produced by the heat. E-cigarettes are now the most commonly used form of tobacco and nicotine, and are just as addictive as regular cigarettes.

In addition, e-cigarettes can contain [harmful ingredients](#) such as ultrafine particles that can be inhaled deep into the lungs, chemical flavorings that are linked to lung disease, and heavy metals such as nickel, tin and lead. The health effects of repeated exposure to these compounds is currently unknown.

E-cigarettes may resemble regular cigarettes, cigars, pens, or even USB memory sticks. There are many brands on the market, and a variety of flavors available which make them attractive to young people. Unfortunately many teens and adults are under the mistaken impression that e-cigarettes are not as harmful or addictive as regular cigarettes. Hash oil or other THC-extracts are also commonly used in e-cigarettes, which can lead to addiction and health problems in teens. Both nicotine and marijuana affect the developing teen brain and can impact personality, learning, and attention.

Talking to Your Teen about Vaping

You can influence your child's decision to use e-cigarettes, even if you have struggled with tobacco addiction yourself. Learn about e-cigarettes and when you have a [conversation](#) with your teen, explain why e-cigarettes are

harmful and the high potential for addiction. You might also suggest that your teen talk with other trusted adults who are aware of the risks of vaping and who can reinforce your views.

If you, or someone you know, is interested in addiction recovery services, primary care, or mental health care for children or adults, contact InterCommunity. To receive services at any of our Hartford or East Hartford locations, please call 860-569-5900.



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