

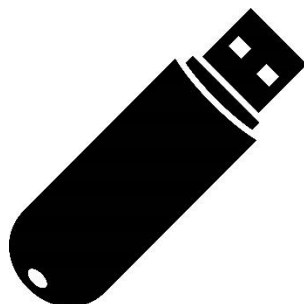
VAPOR ALERT!

Vaping and Dabbing Devices Have Been Spotted in Lamoille Valley Schools
These Small Devices Are Designed to Look Like Everyday Objects



A vaping device can look like a wristwatch.

Vaping devices heat and vaporize a pod of liquid, usually a mixture of nicotine, flavoring and foreign substances such as heavy metals.



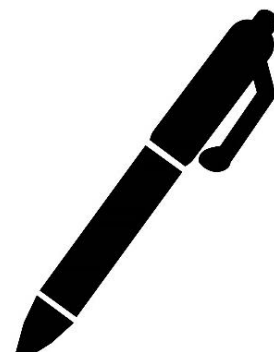
Some vaping devices look like USB drives, and can plug into computers.

The nicotine pods and juices come in disposable or refillable forms and are designed to attract young users.



A vaping device can have the same shape as a smart phone.

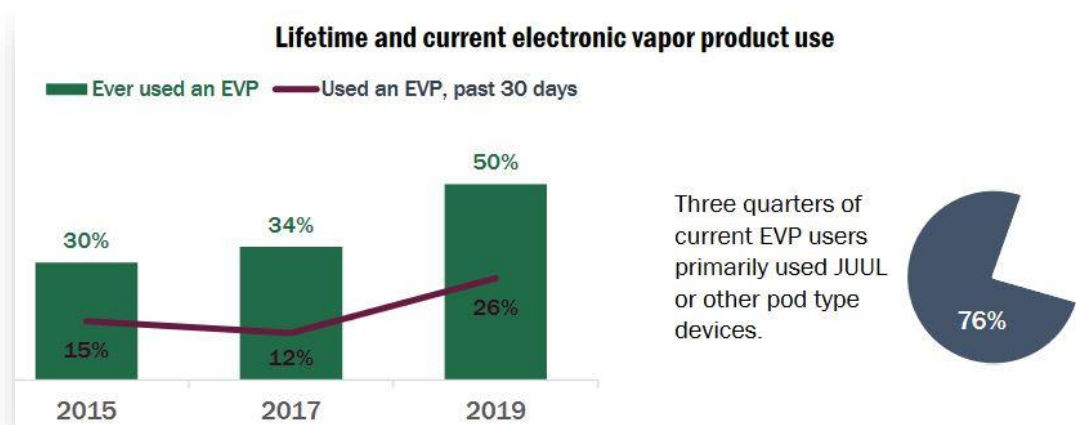
The vapor is inhaled directly into the lungs, increasing the rate of addiction to the nicotine.



Vaping and dabbing devices can look just like a pen or marker.

The concentrated dose of THC used to vape or dab marijuana risks severe psychological and physical effects for users.

2019 YOUTH RISK BEHAVIOR STUDY KEY FINDINGS IN VERMONT



WHAT CAN YOU DO ABOUT TEEN VAPING?



Talk about it. Ask the youth in your life what they are seeing and listen without judgement to their experience. Ask your schools to let you know what devices they are finding. Talk with other parents and community members, share what you know. Find strategies for talking to your kids at Parentupvt.org. Get teen-friendly facts at www.unhypedvt.com.



Educate yourself. If your kids have a device that you're not familiar with, ask them to show it to you, look for brand names, do an internet search, monitor social media accounts. Learn more about vaping and find resources at www.healthylamoillevalley.org/electronic-cigarettes.



Know what's happening in your community and make a positive change. Check in with stores that may be selling vaping devices. Ask about their policies and what they're doing to prevent underage vaping, including customers reselling to minors. Join Healthy Lamoille Valley's prevention coalition and work to reduce youth substance abuse in our community. Visit us at www.healthylamoillevalley.org, or email jessica@healthylamoillevalley.org.



Help Your Teen Quit Vaping and Stay Safe. Encourage youth to talk to a trusted adult such as a school counselor, and join a youth-centered quit program at their school. Contact your pediatrician to discuss options for quitting. Young adults and teens can text "VtVapeFree" to 88709 to get help and support for quitting e-cigarettes and vaping. Youth thirteen years and over can access 802Quits.com. To learn about vaping injuries and how Vermonters can stay safe, visit healthvermont.gov/vapinginjury.