



# VAPE

## What Families Need to Know

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# Know The Signs

How to tell if your kid is vaping?

- If their room smells artificially sweet, don't assume it's a scented candle.\*
- Nosebleeds are common among vapers\*
- Many vapors report increased thirst.\*
- There is often a heightened caffeine sensitivity.\*
- Marijuana use with vaping can smell sweet and not have typical marijuana smell

“

Kick It!



# Addiction happens faster than you think.

## In the Beginning



"I'm not going to get addicted from a couple of puffs."

Actually, 25% of teens who get addicted to nicotine, are hooked within a month.

## 3 Months Later



"it's not like I'm going to vape forever, it's just a fun thing for now."

Actually, while most teens said they wouldn't be using nicotine for more than 5 years, 75% are still using it 8 years later.

## 1 Year Later



"I can quit whenever I want."

Actually, 88% of teens who try to quit nicotine find it too hard to stop.

## 3 Years Later



"Quitting is so hard and these vapes are way too expensive."

That's one of the reasons why kids who start vaping are 4 times more likely to smoke cigarettes.

# Changes in Just Seven Days

We'll be honest. Quitting vaping is tough; especially the first week. Thankfully, the benefits start piling up quickly. And this can give you the motivation to keep going.

Here's what happens from the moment you finish your last vape:



In 20 Minutes

Your heart rate returns to normal and your blood pressure drops.



In 3 Days

Your body will be completely free of nicotine.



Within 1 Week

Withdrawal symptoms like headaches, mood swings, and increased hunger will lessen or go away completely.

# IT'S LIT TO QUIT



- Nicotine is HIGHLY addictive
- Withdrawal symptoms such as feeling irritable, depressed, restless, anxious, cravings.
- Don't start in the first place
  - Nicotine is really hard to quit
- How can I kick the habit?
  - Make a specific Plan (Customize a Quit Plan)
  - Stay busy
  - Delay giving in to cravings
  - Keep focused on why you want to quit
  - Get support
  - Be good to yourself
  - Keep at it, even if you slip up.
- Remind yourself that it is possible to quit. Other people succeed, and so can you!



## **1. Set Your Quit Date**

How many times have you said, “I’m going to quit” and then not gotten around to it? Setting an official Quit Date (with smaller goals along the way) helps your plan feel real and makes you more likely to follow through.

## **2. Identify Your Triggers**

Triggers are people, places, or situations that make you want to vape. Maybe you always vape when you hang out with certain friends. Or maybe your triggers are less obvious. Either way, we’ll help you see what’s driving your cravings. Because the more you understand your triggers, the less power they’ll have over you.

## **3. Make a Plan**

The last step is finding ways to handle your triggers. That could be chewing gum, playing a game, or reminding yourself why you want to quit. A Quit Coach will help you come up with strategies that work for you.

# Smoke Free Teen <https://teen.smokefree.gov/quit-plan>

[HOME](#)[BECOME SMOKEFREE](#)[THE RISKS OF TOBACCO](#)[TOBACCO TRIGGERS](#)[QUIT VAPING](#)

STEP 1 of 5

## Choose Your Quit Date

Pick a day in the next two weeks. Try not to pick a date that will be stressful, like the day of a test or big game.

### When is your quit date?

- ☐ Today
- ☐ Tomorrow
- ☐ Pick My Date
- ☐ Not Ready

If you're not ready to set a quit date, you can still make a quit plan or explore other [resources](#).





STEP 2 of 5

## What Is Vaping Costing You?



Estimate how much, on average, you spend on vaping a week. Include everything: vapes, pods, vape juice, etc. You'll find out how much money you can save by quitting.



I spend about \$  on vaping per week.



## My reasons for quitting:

It is affecting my health



To feel like myself again



People who care about me want me to quit



To save money



To take back control



To do better in school or sports



To set a good example



To stop getting in trouble



To have a better future



For the environment





## This is how I will reach out for support:

*(select one or more)*

- ☐ Tell a friend that I am quitting.
- ☐ Tell a sibling that I am quitting.
- ☐ Talk to my parents or guardians.
- ☐ Share my plans to quit with a trusted adult, like a teacher, school counselor, or close family member.
- ☐ Reach out to someone else close to me not listed here.

## These are the ways I will get help from experts:

*(select one or more)*

- ☐ Chat online with a trained quit counselor.
- ☐ Call a quitline to talk one-on-one with a trained counselor to help me quit.
- ☐ Ask for help from a doctor, school nurse, or other healthcare provider who may have tools that can help.
- ☐ Find another way to connect with an expert for help.

## When a craving hits, I will distract myself by:

*(select one or more)*

- ☐ Drinking a glass of water.
- ☐ Taking 10 deep breaths.
- ☐ Getting some exercise.
- ☐ Playing a game on my phone.
- ☐ Going to a place where vaping isn't allowed.
- ☐ I will use other techniques to distract myself.

# Text Lines:

Teens and young adults can join for free by texting **DITCHVAPE** to **88709**

text **QUIT** to **47848**.

The screenshot shows the smokefree.gov website with the 'smokefreeteen' tab selected. The main heading is 'BECOME A SMOKEFREE TEEN' with the subtext 'Today is a great day to quit.' Below this is a 'Tools & Tips' section with five icons: SmokefreeTXT, quitSTART App, Speak to an Expert, DipfreeTXT, and SmokefreeUS on Instagram. At the bottom is an 'ARTICLES & INFORMATION' section.

smokefree.gov smokefreevet smokefreewomen **smokefreeteen** smokefreeespañol smokefree50+

HOME BECOME SMOKEFREE THE RISKS OF TOBACCO **TOBACCO TRIGGERS**

HANDLING HARD TIMES  
YOUR SOCIAL LIFE

## BECOME A SMOKEFREE TEEN

Today is a great day to quit.

### Tools & Tips

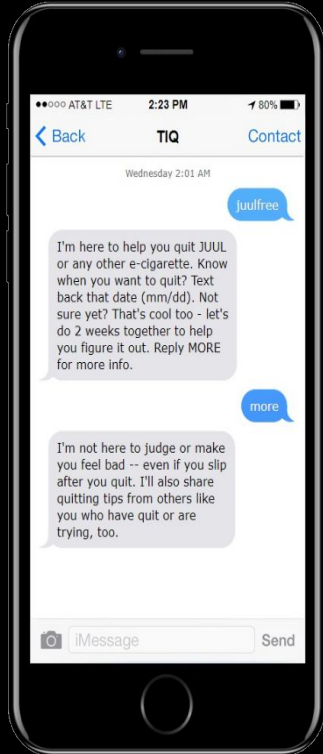
Learn about different tools to help you quit and how to use them.

- SmokefreeTXT
- quitSTART App
- Speak to an Expert
- DipfreeTXT
- SmokefreeUS on Instagram

#### ARTICLES & INFORMATION

# IT'S LIT TO QUIT!

#THISISQUITTING



- Withdrawal symptoms such as feeling irritable, depressed, restless and anxious.
- Free text message program created with input from teens, college students and young adults who have attempted to, or successfully, quit e-cigarettes.
- The program is tailored by age group to give teens and young adults appropriate recommendations about quitting. The program will also serve as a resource for parents looking to help their children who now vape.
- To access the new e-cigarette quit program, users can text “QUIT” to (202) 804-9884. Users can also enroll in This is Quitting or BecomeAnEX®, free digital quit programs from Truth Initiative that integrate the text program. Ex Program
- This is Quitting: a mobile app designed by Truth Initiative to help young people quit with inspiration from others like them
- BecomeAnEX: a free, digital quit-smoking plan and community created by Truth Initiative in collaboration with Mayo Clinic
- EX Program: an enterprise quit-smoking program designed for employers, health systems and health plans to offer to their employees and members

# Resources to Help Quit

- <https://teen.smokefree.gov/>
- FDA-approved cessation products (1-800-QUIT NOW), a text-based program (text QUIT to 47848).
- Centers for Disease Control and Prevention, Youth Tobacco Prevention. [www.cdc.gov/tobacco/youth/index.htm](http://www.cdc.gov/tobacco/youth/index.htm).
- Truth Initiative-  
<https://www.thetruth.com/articles/hot-topic/quit-vaping>



Research shows  
parental disapproval  
is the #1 reason kids  
don't use.

“

**EXPECT IT!**  
**DON'T**  
**ACCEPT IT!**

Parents: What you say  
matters

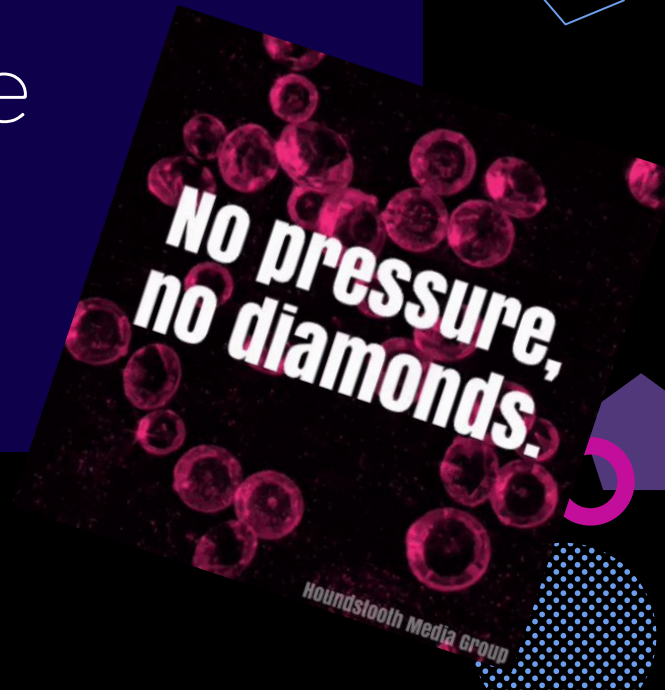
**Talk 2  
Prevent**



“

# Under Pressure

- Foster Self-Esteem
- Teach assertiveness skills
- Teach peer pressure refusal strategies





The slide features a dark background with various colorful geometric shapes in the corners. Top-left: a pink circle, a dashed yellow circle, a purple polygon, a blue dotted circle, and a pink pentagon. Top-right: a blue triangle, a purple circle, a dashed yellow circle, a pink and black striped circle, and a blue pentagon. Bottom-left: a blue pentagon, a pink triangle, a yellow and black striped triangle, a purple triangle, and a dashed blue circle. Bottom-right: a purple circle, a pink ring, a dashed yellow triangle, and a blue dotted circle.

# THANKS!

**Any questions?**

You can find us at:

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## & Prevention Services