

# PoisonPreventionPress

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## Vaping

What is vaping? Using an electronic device to convert a liquid into an aerosol that can be inhaled. The devices are known as e-cigs, e-hookahs, vape pens and others. Often, but not always, the liquid will contain nicotine. The devices can also deliver other drugs such as marijuana. The medical community is looking into possible health effects. Unfortunately, many teens think vaping is safer than smoking regular cigarettes. According to the 2015 Maryland High School Youth Risk Behavior Survey, 37% of students have tried an e-cig and 20% describe themselves as currently using e-cigs.

### Additional Resources for Parents:

<https://drugfree.org/resources/>

<https://www.drugabuse.gov/patients-families>

<http://www.scholastic.com/otc-med-safety/>

### Did you know that...

- In Maryland, 17% of middle school and 48% of high school students have drunk alcohol in their lifetime?
- In Maryland, 7% of middle school and 33% of high school students have used marijuana in their lifetime?

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## Pre-Teen & Teen Substance Use: What Parents Need to Know

Parents, do you often feel as though you are one step behind your kids when it comes to their knowledge of the world they live in? If so, you are not alone. Evidence shows children whose parents talk to them honestly about substance abuse are less likely to become substance abusers. By learning the facts for themselves, parents can explain why some choices could have dangerous outcomes. The following will provide you with information to use in your conversations.

**Over-the-Counter and Prescription Medicine:** Young people feel it is safer to abuse these medicines than drugs like cocaine or heroin since they are approved for a legitimate use.

- How it's used: Taking random medicines found in the medicine cabinet and sharing with peers. Online information describing how to best achieve a high.
- Dangers: Overdoses, drug interactions, and addiction
- Action to take at home: Know what medicines are in your home and how much are in the bottles so you can detect if something is missing.

**Inhalants:** The number of pre-teens and teens using inhalants continues to go down. But, these products are easy to obtain, can be found in the home and are cheap.

- How it's used: spray paint, keyboard cleaner, air freshener, gasoline, cooking spray and canned whipped cream.
- Dangers: Death from a single use and permanent brain and kidney damage with long-term use

**Alcohol:** Although use continues on a long-term decline, kids are still drinking. Teens describe alcohol as "easy to obtain" from the home and friends.

- How it's used: soaking candy in alcohol, soaking tampons in alcohol, filling water bottles with alcohol
- Dangers: impaired judgement and risk of addiction
- Action to take at home: Monitor the bottles and contents of your liquor cabinet. Keep in mind, resourceful teens will refill bottles with water or similar colored liquids after taking some alcohol.

**Marijuana:** Messaging about marijuana can be confusing for teens with some states legalizing it and with medical marijuana coming to Maryland.

- How it's used: Smoking, vaping, consuming in food or drink, medical products
- Dangers: Current strains are more potent than in the past. Impaired judgement often leading to injury. Researchers are looking into possible long-term effects on the brain when marijuana is used in teen years.

**Synthetic marijuana:** Mind-altering chemicals made in illegal labs. Banned in many states, including Maryland, the labs stay a step ahead by tweaking the chemicals so they are not included in the ban. Sold in convenience stores and on the internet as K2, Spice and others.

- How it's used: Smoked or brewed as a tea. Liquid forms can be used in e-cigarette devices.
- Dangers: Can have effects on the brain, heart and kidneys. There is no way of knowing what chemical is actually in the package since they are made illegally.