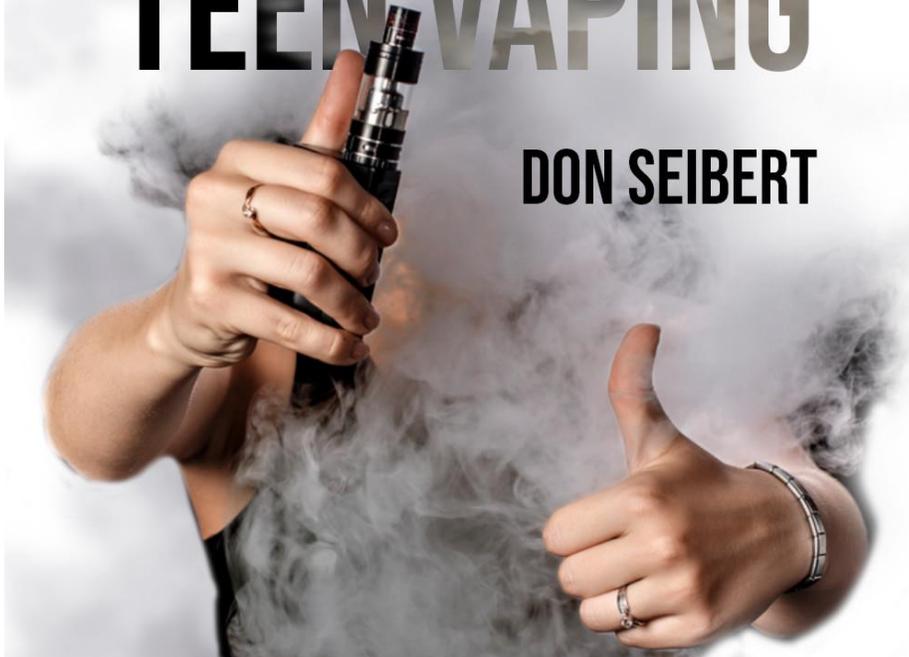


INSTRUCTION MANUAL FOR PARENTS DEALING WITH TEEN VAPING

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Instruction Manual for Parents Dealing with Teen Vaping

By Don Seibert, Founder of Vapenders

When you purchase a new car, you get a 300 page, very comprehensive owner's manual that answers just about any question you might ever come up with for that particular car.

On the other hand, when you bring home a new baby from the hospital, you may get a few diapers and lotions that are compliments of their makers. There is no instruction manual that tells you what things might come up with that particular baby or how to handle them. You just have to "learn by living", as various unexpected things come up and you learn to deal with them "on the fly". It is the intention of this manual to assist you in yet another of those unexpected and worrisome things that has now risen to the top.

Chapter One

In the Beginning

When You first Learn that Your Teenager is Vaping

You may have learned that your child has taken up the use of e-cigarettes or vapes (chances are the most popular brand among teens, “JUUL”™). Usually, teens will do this because of peer pressure, meaning another of their friends found it “cool” and insisted they try it, and the pressure to do what the group is doing is a potent motivator for teens. Unlike the taste of cigarettes which are pretty ugly in the beginning, the vape manufacturers flavor the liquid in them, so they taste pretty nice. There are more fruity and minty flavors of vape liquids than you can begin to imagine, with the kind of names that appeal to teenagers. (Just google “vape liquids” and check out all of the results that you get!)



Let’s set aside, for the time being, the feeling that you might have of having been deceived by your son or daughter. They probably didn’t think much about that (or anything at all for that matter!), when they first were tempted or coerced by a well-meaning friend, to take a puff on that vaping

device. After tasting it and seeing how others they admired enjoyed it, they quickly found it acceptable.

Once they were that far into vaping, they knew that you likely wouldn't find it acceptable, so they did it in secret. In fact, most vaping is done in "secret" from the adults in the teenage vape user's lives. Unlike cigarettes which have a strong and easily recognizable odor, vaping is pretty odorless, and teens quickly find that the cloud of vapors themselves can easily be dissipated by blowing it into their sleeve!

Easy to Conceal

The most popular brand of Vaping device is called a JUUL™, which has achieved market penetration of more than 60% simply by making their device appear like a common computer USB flash drive (AKA "Thumbdrive"). Many parents and teachers know that the use of flash drives to move data from computer device to device is very common and hardly give a second look to anything resembling something homework-oriented. (To give you an idea of how deep this epidemic is, 35% of the JUUL company was purchased recently for \$38 Billion by tobacco giant, Phillip Morris)

So, at some point, your teen has likely purchased their own vaping device (probably a JUUL™) which costs about \$55-60 for a starter kit and some "Pods" or "Mods" or "Tanks" or "Juice" for about \$15 to \$20 each. Where the teens today are getting this kind of money to support their nicotine addiction, is anybody's guess, but the fact is that they are getting it.

Chapter Two

Vaping 101

A Closer look at Vaping

All of that sounds nice and easy until you look a little more closely. That liquid or “juice”, as they call it, contains strong amounts of the chemical nicotine, which is technically a poison to the human body. (Nicotine was once used in agricultural insecticides until it was banned, after it was found to be harmful to the crop pickers when it was absorbed into the bloodstream through the skin!).

That “Juice” or “E-liquid” comes in well over 100 different, fruity and enticing flavors. It is packaged in “Pods” for JUUL™ devices and e-liquids for other types of devices. The JUUL™ Pods contain .7 ml nicotine by volume and 3% or 5% by weight. There are more than 100 common brands of the juices for your teen to try out and each brand has several different flavors, sizes and strengths. It typically comes in 60 ml, 100ml, 120 ml or 200ml bottles (milliliters being the quantity of the liquid and each liquid comes in a variety of strengths from 0 mg to 3 mg to 6 mg to 12 mg.) The choices for a new vape user are incredible. It could easily take them years of vaping every day just to try out all of the various flavors, brands, and strengths – all the while more and more addicted to nicotine with every puff!

Vaping vs Smoking Cigarettes – To Add to the Confusion

Another issue that's serving to confuse today's teens is that vaping is being marketed as being "Much Healthier than Cigarette Smoking", which in fact, it certainly is. Of course, that assumes that the person is already smoking cigarettes, which is the leading preventable cause of death in the United States! When you are in THAT boat, practically anything would be healthier than the death sentence of smoking cigarettes.

Nonetheless, when your teenage visits your local Vape shop or has a discussion with their friends about vaping, this misleading message is certainly front and center. They make it sound like picking up a vape device would effectively eliminate the possibility of future disease. Nothing could be farther from the truth!

To examine this phenomena more closely, you have to know that the Tobacco industry, once riding high with Billions of dollars in revenue, has a pretty dim future if the current smoking cessation trends remain constant for another decade. They know that their future revenues must come from other sources and the most obvious is the vaping and electronic cigarette users. It's no accident Philip Morris spent \$38 billion to buy 35% of Juul™! The tobacco industry still produces the nicotine that is in all of those e-liquids and pods. They see that as their future and they are doing everything possible to promote it and to capitalize on it – while, at the same time having a blatant disregard for your teenager or his/her future health or well-being.

The rapid growth of vaping, particularly among teens has now been shown in very recent studies, (See footnote 2-5) to be incredible. On December

18, 2018, the Surgeon General of the United States determined that vaping has now grown to “Epidemic” status (see Footnote 1) and is now considered one of the major health risks of the United States into the future. This will result in considerable public service announcements, studies and literature being created to focus on the epidemic and to help prevent its future growth by regulations. While this is critically important, it doesn’t help today’s teen vape users and their addiction to nicotine and the psychological, social, cultural effects of teen vape use.

Chapter Three

The Vape Supplier Industry



A New Cottage Industry has arrived!

Just look around the strip shopping centers in your town. “Vape Shops” are springing up everywhere, mainly to cater to all of the new demand for vape liquids and pods. If you visit such an establishment, you will find that they sell a few brands and styles of vape devices, but most the shelves in the store are used to display the hundreds or thousands of different brands, flavors, types, sizes and strengths of the liquids – most of which ends up in the lungs of teenagers who legally may not purchase it in most states. It takes very little capital to start up a “Vape Shop” and, to Teen vape users,

the proprietors of such establishments are held in very high regard – not because they care for your child’s health or well-being, but because it is easy money, if you have the right location.

I am sure that you’ve seen, read about or witnessed firsthand that nicotine is the underlying chemical that keeps cigarette smokers “hooked”. In vaping, as in smoking, nicotine is ingested through the lungs and transferred quite immediately into the bloodstream. When it hits the brain, it triggers the release of endorphins and other hormones which give the smoker (or vaper) the feeling of pleasure or satisfaction for a brief period. This feeling wears off pretty quickly and, when that happens, the person feels a bit “uncomfortable” and that, in turn, triggers the desire for more nicotine to relieve that discomfort.

The vape user seemingly has a significant, but subtle advantage over the cigarette smoker in being able to quickly get a single puff or two from the vaporizer to relieve that discomfort, and then to set it aside. A cigarette smoker lights up a cigarette and, once lit, it takes about 10 puffs to finish the cigarette – most of which is ingested after the discomfort has already been relieved. So much of the cigarette is actually wasted in terms of fulfilling the addiction, where a vape user can casually take just a puff or two, whenever that discomfort strikes, without the need to inhale any more nicotine. Think of it as being able to take a pill, as needed, for pain, instead of being on an anesthesia. But the point is, that one or two puffs is still contributing to solidifying the addiction.

Chapter Four

Better Get Familiar with Nicotine Addiction!

The Vicious Cycle of Nicotine Addiction

What I have briefly described, so far, is a non-medical description of the addiction to nicotine but there is more. The liver does its job of cleansing the body of this poison pretty quickly. Scientists tell us that nicotine has a “half-life” of just 2 hours, which means that, after 2 hours, the liver has cleansed away half of the nicotine in the body. This all becomes a vicious cycle. Inhale nicotine, get a feeling of comfort, the liver cleanses nicotine from the bloodstream, providing a feeling of discomfort, inhale more nicotine to get that feeling of comfort again, and on and on and on. Each person who inhales the nicotine (by cigarette or by vape), has a different “tolerance level. Just as some smokers only need a few cigarettes per day and others require 2 or 3 packs per day, some vape users only require a few puffs per day.

A container of vape liquid or “juice” usually is purchased in a reservoir called a Pod, and they contain the liquids in various volumes and strength. Generally speaking, the amount of nicotine in a single pod can be roughly equivalent to a pack of 20 cigarettes. This strength is often disguised by various flavors in the liquid, to make it more acceptable and attractive to teens. (There is a move underway at the Food and Drug Administration to

regulate the addition of flavors to vape liquids and to minimize the flavoring of e-liquids to reduce their appeal to younger vape users).

In our Smokenders™ smoking cessation course we teach our graduates that, even many years after the successfully quit, they will always be “One puff away from a pack per day”. Because of the lure of the nicotine addiction, the same thing is true of a person who quits vaping. There seems to be a residual vulnerability to nicotine that persists long after the smoker’s body is totally cleansed of nicotine (In my case, it’s been 38 years and I know not to take a single puff of nicotine!!!)

Is My Son or Daughter Really Addicted?

The bad news is that, Yes, they are probably addicted to nicotine if they have been using vape devices and inhaling the poison for more than a week or so. Whether from using tobacco in any form or ingesting vapors into their lungs via vape devices, people get addicted to nicotine very rapidly.



Once a nicotine user has inhaled enough to establish that “tolerance level”, their body is simply going to require them to supply more nicotine whenever that feeling of discomfort gets strong enough. It’s not

something that can easily be described or controlled, either. It's just an "empty" feeling that needs to be filled; nothing too strong, but it nags at you until you give in and feed the beast. Any smoker or vaper can attest to this

The pharmaceutical industry has developed drugs of certain classes that interfere with the receptors of the brain to prevent the nicotine from causing that release of certain hormones, but those drugs are technically depressants and are rarely administered to teens whose brains are not yet fully developed. Therefore, drugs like Wellbutrin™, Zyban™, and Chantix™ are not available to address your child's addiction. (In smoking cessation, these drugs are only about 15-20% effective anyway and there's some well documented danger in taking them!)

Is Nicotine a "Gateway Addiction"?

There is considerable concern that the nicotine addiction caused by vaping will lead, sooner or later to teens experimenting with other addictive things and behaviors. (Yes, nicotine addiction is far more than just a chemical addiction – there are strong psychological and behavioral issues at play, also)

Studies suggest that teens who start with vaping frequently find themselves experimenting with cigarettes, too. Doing so, adds many harsh and even more hazardous chemicals being ingested through tobacco smoking. Those who use vapes as well as cigarettes to fulfill their need for nicotine are

called “dual users” and this *is the most dangerous form of nicotine addiction.*

Of course, many smokers and vape users, find that alcohol goes well with their nicotine and some proceed from there into many forms of drugs. As I’m sure you might be aware that movement into drugs and alcohol is a “One-Way” street. It is extremely difficult to return from those addictions.

Your teen likely has not progressed to anything like that at this point and now is the time to head that progression off.

“There will never be an easier time to quit than today!”

Chapter Five

It is Not the End of the World!

Some Good News!!!

The good news is that there is a proven way to overcome the addiction to nicotine without the use of drugs, but it takes several weeks to work effectively. Unfortunately, there is no magical “silver bullet” that will resolve nicotine addiction overnight. If such a tool existed, we wouldn’t still have 16% of adult Americans smoking! We will discuss the no-drug solution later.



Nobody Ever Quit Just Because Somebody Else Wanted Them to Quit

Back in 1964, when 46% of Adult Americans smoked, the Surgeon General announced that cigarette smoking was at *epidemic proportions* and that action needed to be taken to address this serious health issue. For the next

30 years, the smoking rate declined to 24%. And now, 55 years later, 16% of our adults are still unable to quit, although almost 90% of them have reported that they would like to quit. Surveys indicated that about 40% of all cigarette smokers attempt to quit each year, with more than 90% of them being unsuccessful at doing so.

When a smoker or vaper quits smoking or vaping completely, their liver works to effectively cleanse the body of nicotine in about 72 hours.

(Remember, the half-life of nicotine is just 2 hours, so after 4 hours without replenishment, about 75% of the nicotine is gone and, after about 8 hours, it's 97 % gone. It takes the remainder of the 72 hours to remove all traces of the chemical.) If Nicotine were all there is to the addiction, that would be all that it would take. Unfortunately, the vape user develops some other psychological, social & cultural attachments to vaping that makes it not a simple physical withdrawal from the nicotine poison.

We have been actively working to assist cigarette smokers to deal with these linkages and triggers, as well as nicotine, to overcome their addiction, since 1969 and, after working with millions of smokers, we have come to learn that, without a serious personal commitment to quitting, smokers and vape users are just not able to become comfortably free of addiction.

Those who make that commitment seem to find a way, but without that personal desire factor, quitting is almost impossible.

Chapter Six

You Are Not In Command! The Addiction is!

How Do I Get my Teen to Quit then

It is not going to be a simple matter of demanding, or telling them to quit or otherwise forcing, cajoling, bribing, withholding of privileges, or gnashing of teeth. *Addictions just don't work that way.* In fact, those who have used the disciplinary or punishment approach have done so at the risk of alienating their teen and/or driving them to vape in heavier amounts and more secretly than ever.

The peer pressure that your son or daughter is under serves to reinforce their decision to vape and competes with any action that you or other parents might take to “regulate” or to “legislate” vape disuse. The messages that teens discuss in their texts and social media images are glorifying vaping. When you add all of this up and add in the physical addiction to the nicotine chemical and the many psychological issues, it seems that we all have a lot of work ahead of us and you, my dear parent, are on the front line.

Chapter Seven

The Need for Parent-Teen Dialogue Has Never Been Greater

Establishing a “Want to Quit” Mentality

You have probably found over the years since you brought your baby (and those extra diapers) home from the hospital, that the larger the problem you have with your child, the more valuable is open and honest communications. That will be critical as regards to dealing with the vaping issue.



As stated previously, “Nobody has ever quit just because somebody else wanted them to quit”. The idea that you would like for your teen to give it up and to “Crush Vaping” is likely very important to you and the future well-being of your family at this point. But you cannot simply snap your

fingers and make the decision to quit for them. They have to come to that decision for themselves.

It will be your responsibility to ensure that your teen gets the most truthful and accurate information on the subject, delivered by respected sources like yourself. Help them to come to the correct decision for all of the correct reasons.

Once again, when discussing logical reasoning, that may be a part of the adolescent brain that has not fully developed at their age. You have to help them understand the magnitude of the situation and what is at stake.

Getting too emotional tends to shut down the dialogue. (Body language, such as crossed arms, looking away, or statements like “whatever”, on the part of either parent or teen, will not be helpful!)

Chapter Eight

Everybody Seems to Have Problems!

Right now, both you and your teen have problems!

A. Your Problem

You probably feel that you have been deceived and that the pride of your family now has a serious addiction problem (that they don't yet realize is very serious at all). You probably wonder why they would start doing something as insidious and potentially harmful as ingesting nicotine, especially after all you know about smoking and how dangerous that is. Why didn't they discuss it with you first?

You likely think that they are exercising blatant disregard for their health and safety just for a few moments puffing on some electronic device. All of this seems illogical to you. Well, as you may remember from your own teen days, logic is not necessarily at work in the teenage mind. That part of their brain literally may not have fully developed yet.

Do you remember when you were young, and a friend dared you to try a cigarette? Most of us adults experimented secretly with that, finding the taste of tobacco repulsive and the experience of breathing that smoke into your lungs to be suffocating. And so, you probably chose not to smoke. This is really not much different than experimenting with vaping except that vaping has a lot better taste and, due to the almost odorless vapors, it is easier to get away with in secret.

Although there are warnings all over Vape products about the presence of nicotine and that it's addictive, the "cool" taste and the encouragement of friends seem to outweigh those warnings. There's also the excitement of buying something which is not really legally permitted to be sold to people their age. In fact, they can't really get into trouble for trying! There's that thrill of "getting away with something"! Do you remember those days? Like you, your teen will hopefully survive until adulthood, when they can make those sorts of decisions for themselves.

B. The Teen Problem

Their problem is multi-faceted. On one hand, there's the peer group and the feeling that they are "part of the crowd" and, deep down, they know that they have disappointed you and that's why they've kept their vaping so secreted. They are probably discounting any thought of their being addicted (if they even know what that means) and they feel that they can easily quit any time they like. Having been told that vaping is much healthier than smoking, they probably haven't given any thought of quitting! That's probably the last thing on their mind! After all, why would they ever want to risk disappointing anybody in that peer group, especially any members of the opposite sex. (You were a teen once! You know what I'm talking about!)

As you know, teenagers really do believe that they are invulnerable to any health risks or bad results from their risky behaviors. After all, they have no basis of experience to tell them otherwise. When they are told of health

risks of Cancer or Heart Disease, Lung Disease, etc., having not personally experienced these things, they think that those bad things will somehow happen to “other people” in the future and not to them.

On the other hand, they also are “part of the family” and that family will outlive any temporary peer group to which they currently belong. With their friends and peer group, they cannot envision that those close to them now will likely not be in their close group in just 5 or 10 years. But their forward thinking is limited and immature. They are thinking only about the immediate; the here and now and not about the future – theirs or their families.

Chapter Nine

Forming a Team to Achieve Commitment

This is where communications comes in. Among the responsibilities that you took home from the hospital, along with your baby and those diapers, was the responsibility to help them out when they go astray and get themselves up a creek! Now is the time for you to help them return to the drug free path to adulthood.

Now is the time for you to put on your listening cap and to have a calm and frank discussion so that each of you can listen to the other, find out what they know and are thinking and how interested they might be in altering their course. Remember – *Nobody has ever quit just because somebody else wants them to quit! A personal commitment to quitting will be absolutely necessary if they are ever to quit.*



The Centers for Disease Control has published a very helpful document entitled “Talk with Your Teen about E-Cigarettes; a Tip Sheet for Parents” (See Footnote # 4) It provides excellent guidance for “The Talk”. You are strongly encouraged to download and read this handy Tip Sheet.

We suggest that you form a “Parent-Teen Team” to address this problem together! This will ensure that the teen is fully supported in their efforts to Crush Vaping and, at the same time, provided some personal accountability to get the program done and to honor the assignments to their fulfillment.

The etymology of the word “commitment” comes from the Latin word “committere”, which means “to unite, connect, combine, to bring together. That is certainly appropriate here. You and your teen come together to address a serious problem! While the current target is the Vaping problem, you could well be creating a really good foundation for future dialogue, trust and mutual respect.

If either you or your teen is unable to calmly sit down and openly discuss vaping and the rationale for continuing to do so, perhaps some professional counseling might be necessary. This discussion is quite important and should not be delayed. Having a counselor, such as a local Psychologist, involved, can provide an independent party to move the discussion forward toward a satisfactory conclusion.

The objective of the “Crush Vaping” program is to help the teen understand the real facts about vaping. Not just the nicotine addiction and all that that entails, but also the health risks, “gateway addiction” concerns and the willingness of every family member to help the teen get through this crisis.

(It really is a crisis!!!) The earlier they quit, the easier it will be for them to do so. The longer one vapes, the more deeply entrenched the addiction will become and the possibility of long-term addiction may become a probability!

Your teen probably has not given much consideration to the various ways that their vaping is affecting and can potentially affect your family. Communication on this subject will not be easy for anybody, but once it's all out on the table and understood by everybody, then the possibility of quitting is greatly enhanced.



It will likely take several conversations on the subject for all of the issues to come out, and in the meantime, it will probably do no good to ask them to simply stop vaping. Addictions just don't work that way. You will have to hold your disciplinary and/or punitive thoughts in order to maintain open communications while you work through this crisis. At this point, frank, honest, and unemotional discussion is critical.

The elimination of vaping and of the addiction is far too important to your teen and to your family to let short term emotions get in the way of achieving a sincere commitment to Crushing Vapes!

For more information about how to “Crush Vapes”, please go to:

www.Vapenders.com

For more information on the best method to quit smoking cigarettes:

www.Smokenders.com

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