

INSTRUCTION MANUAL FOR PARENTS DEALING WITH TEEN VAPING

**DON SEIBERT &
GORDON ALLAN**



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About the Authors

Don Seibert – Founder of Smokenders Online, LLC.

A heavy smoker of cigarettes for more than 20 years, Don found himself struggling with the message being sent to his children by his smoking while, at the same time, telling them to “never smoke”! Finally shamed in quitting, Don went to a Smokenders workshop in Covington, Ky and 7 weeks later, quit smoking for good.

That was 1981 and Don has remained smoke-free ever since! Although he knows that he will always be “One puff away from a pack per day”, he has never been even slightly tempted to have a cigarette.

After the advent of patches, gums, mints, and smoking cessation drugs, Don observed that the business model used by Smokenders to teach millions, like him, how to quit, Don parlayed his experience as an IT executive to take the proven Smokenders course “Online” and thus make it available to everyone!

With 4 teenage grandchildren (and 3 more on the way to their teen years), Don is extremely concerned about the incredible growth of the vaping epidemic and that spawned to idea of utilizing the power of the Smokenders program and adapt it to “Crush Vaping”.

Gordon Allan, Principal, Smokenders / Canada

Forty plus years ago Gordon walked into a Smokenders introductory meeting, in New Canaan, Connecticut, trailing a cloud of smoke. Those were the days when you could smoke anywhere, and he did. Several weeks later, as promised, he stopped smoking calmly and comfortably.

Gordon then went on to be trained as a Smokenders Moderator, ultimately introducing the program to Canada, where he assisted tens of thousands of smokers to stop, utilizing the Smokenders approach.

Having a deeply personal interest in addiction, Gordon has inquired extensively into the existential nature of addiction. Among his observations on addiction is: “At the heart of all addictions lies the avoidance of anxiety”. Teen vapers are no exception to that conclusion as you will discover in the chapters ahead.

Contents

Preface	
Chapter 1	In the Beginning
Chapter 2	Vaping 101
Chapter 3	The Vape Supplier Industry
Chapter 4	Understanding Nicotine Addiction
Chapter 5	The Vicious Cycle of Nicotine Addiction
Chapter 6	The Anatomy of a Craving
Chapter 7	The Legalities of Vaping
Chapter 8	It's Not the End of the World
Chapter 9	You Are Not in Command! The Addiction Is!
Chapter 10	The Need for Parent-Teen Dialogue Has Never Been Greater
Chapter 11	Everybody Seems to Have a Problem
Chapter 12	Forming a Team to Achieve Commitment

Preface

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, but 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”, and as various unexpected things happen, 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. Teen Vaping!

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, it will be the most popular brand among teens, “JUUL”™). Usually, teens begin vaping 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 influenced 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 pleasing.

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 life. 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 "Thumb drive"). 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~~ \$12.8 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, they are getting it!

Chapter Two

Vaping 101

A Closer look at Vaping

All of that sounds pretty benign until you look a little more closely. That liquid or “juice”, as they call it, contains strong 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 becoming 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~~ are the leading preventable cause of death in the United States! When you are in THAT particular boat, practically anything would be healthier than the death sentence of smoking cigarettes.

Nonetheless, when your teenager visits your local Vape shop or has a discussion with their friends about vaping, this misleading message about safety is certainly front and center. Providers 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~~ 12.8 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 capialtize on it – while, at the same time, having a blatant disregard for your teenager or his or her future health or well-being.

The rapid growth of vaping, particularly among teens has now been shown in very recent studies, (See referece section) to be incredible. On December 18, 2018, the Surgeon General of the United States determined that vaping has now grown to “Epidemic” status (see reference section, Item 1) and is considered one of the major health risks of the United States now, and 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 as well as the psychological, social, and cultural impacts 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 arising 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 mostly the shelves in the store are used to display the hundreds or thousands of different brands, flavors, types, sizes and strengths of the liquids – much of which ends up in the lungs of teenagers who incidentally, may not legally 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. Much of the cigarette is actually wasted in terms of fulfilling the addiction, whereas 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 vaping as being able to take a pill, as needed for pain, instead of being the overkill of anesthesia. The point is, that one or two puffs are still contributing to relieving the discomfort, while solidifying the addiction.

Chapter 4
Understanding Nicotine Addiction

(Placeholder)

Chapter Five

The Vicious Cycle of Nicotine Addiction

What we 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 nicotine pretty quickly. In fact, 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 short half-life, and the resulting discomfort it causes, results in a vicious cycle. Inhale nicotine to get a feeling of comfort, then 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 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 (or in the case of JUULs, a “Mod”), 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).

Smokers in our courses have always told us that they “enjoy” the taste of their cigarettes. If you, as a non-smoker, have ever take a puff of a cigarette, you know that there is really nothing enjoyable about the taste of burning tobacco. Over time, smokers convince themselves that they “enjoy” the taste because of how the nicotine relieves the discomfort caused by the lack of nicotine in their system and they interpret that as “enjoyable” or “pleasurable”. The danger caused by the various fruity, minty and sweet tastes of certain vape liquids is that the vapors really do taste good and can be actually enjoyable. These flavors are especially like by teen vapers and, for this reason, the FDA is working to regulate the flavorful e-liquids to make them not so attractive to teens.

In our Smokenders™ smoking cessation course we teach our graduates that, even many years after they successfully quit, they will always be “A puff away from a pack a day”. Because of the lure of the addiction to nicotine, the same thing is true of a person who quits vaping. There seems to be a residual vulnerability to nicotine addiction that persists long after the smoker’s body is totally cleansed of nicotine. The reason for that will be explained in the chapter on “Understanding Nicotine Addiction

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 nicotine from causing the 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 drugs and behaviors. (Yes, nicotine addiction is far more than just a chemical addiction – there are strong psychological, social and behavioral issues at play, also)

Studies suggest that teens who start with vaping frequently find themselves experimenting with cigarettes, also. Doing so, adds many harsh and even more hazardous chemicals being ingested through tobacco smoke. 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 Six

Legal Issues of Vapes & Vaping

As you might expect, there are certain rules for adult vapers, who typically use vapes as a less harmful way of satisfying their nicotine addiction than smoking cigarettes. An adult (over 18 in most states & over 19 or 21 in other states) may freely purchase all sorts of vaping devices and any e-liquids, pods, or mods that they wish. After all, vaping is certainly a viable alternative to cigarettes as a way to quit smoking, but the vaper remains addicted to nicotine and is required by the addiction to continuously ingest more nicotine to satisfy that craving.

Because of the specific dangers involved in teen vaping though, the FDA and every state have rules and laws that prohibit the sale of vaping devices and nicotine liquids in any flavor strength or quantity to minors. The human brain does not fully develop until the mid 20's and nicotine has been shown to have a detrimental effect on brain development. While this may not be evident at the time, it could cause neurological and behavioral problems for the rest of our teen's life. It is simply not worth the risks involved.

Currently, it is not unlawful for a minor to possess or to use vape devices and vaping liquids, in most of the country, but several states are considering legislation to prohibit this.

In their 2018 regulation enforcement efforts, the FDA has visited and used undercover minors to test the age verification procedures of retail and online merchants who sell vapes and liquids. In fact, they

have issued reprimands and citations to more than 70,000 such establishments for violation of the regulations and have even revoked the ability to sell these items of some 17,000 businesses. Since the declaration by the Surgeon General in December, 2018, that vaping has reached “Epidemic” status, you may expect to see a significant increase in governmental activities to advise the public of the seriousness of vaping and to provide increased legislation to clamp down on those who violate the rules.

If, in fact, if your teen has a vaping device and/or vaping liquids in their possession, the fact is that somebody broke the law by selling or otherwise providing them to your teen!

Chapter Seven
The Anatomy of a Craving

(Placeholder)

Chapter Eight

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 were 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 nicotine.

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. To that end we have built motivational modules into our programs.

Chapter Nine

You Are Not in Command! The Addiction is!

Then, How Do I Get my Teen to Quit?

It is not going to be a simple matter of demanding, or advising them to quit or otherwise forcing, cajoling, bribing, withholding of privileges, or gnashing of teeth. *Addictions are just not resolved 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 chemical nicotine, 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 Ten

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 quitting vapes, you have to help your teenager understand, in as rational a manner as possible, 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 Eleven

Everybody Seems to Have Problems!

Starting with 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 accept as being 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, and probably they 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 of so-called pleasure puffing on some electronic device. All of this may seem illogical to you. Well, you may remember from your own teen days, logic is not necessarily at work in the teenage mind.

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 uncomfortable. That's 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 pleasant taste, unlike

cigarettes, 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 no doubt survive until adulthood, when they can make those sorts of decisions for themselves. However, in the interim they may do some serious damage to their well-being.

Your Teens Problem

Their problem is multi-faceted. On one hand, there's the peer group and the feeling that they are "part of the crowd" while, on the other there is guilt, 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 understand 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 we're 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. But their forward thinking is limited and immature, they cannot envision that their peer group, those close to them now will likely not be in their close group in just 5 or 10 years. They are thinking only about the immediate; the here and now and not about the future – theirs or their families. But it is the family coming together as a team that will enable them to beat vaping.

Chapter Twelve

Forming a Family Team to Achieve Commitment

This is where communications come 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 respectfully, to the other. Now is the time to 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 have published a very helpful document entitled “Talk with Your Teen about E-Cigarettes; a Tip Sheet for Parents” (See References). It provides excellent guidance for “The Talk”. You are strongly encouraged to download and read this handy Tip Sheet from the link provided.

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” is 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 reality!

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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