

KNOW VAPE

BE SMART. DON'T START.

PARENT

VAPING QUESTIONNAIRE

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Nic Sick
documentary



To start the conversation about vaping, you and your child will each answer some questions separately and then discuss your answers with each other. After you've had the chance to pair, share, and compare your answers, learn more and further your conversation by watching the *Nic Sick* documentary featuring teens from across Idaho who talk with heartbreaking authenticity about their struggles to overcome vape addiction.

1. How often do you think your child sees their peers or friends vaping at school?
2. How do you think your child responds if he or she is invited to vape with their peers? Do you think they have a planned response?
3. Can you identify common signs of vaping or e-cigarette use in adolescents?
4. Do you know the local laws and regulations regarding the sale and possession of vaping products?
5. Are you aware of any specific programs or resources available to support parents in addressing vaping among youth?
6. Do you think your child feels comfortable discussing vaping with you?

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STUDENT

VAPING QUESTIONNAIRE

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documentary



1. How often do you see your peers or friends vaping at school? Where does it happen most often?
2. How do you respond when your friends or peers vape around you or offer to share their vape? Do you have a planned response?
3. Can you identify common signs of vaping or e-cigarette use in your peers?
4. Are you aware of the local laws and regulations regarding the sale and possession of vaping products for your age group?
5. Have you been exposed to any educational programs or resources about the risks of vaping at your school?
6. How open are you to discussing vaping with your parent(s) or other trusted adults?

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PARENT SUPPLEMENT

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Although some of the questions in the Parent and Student Questionnaires may allow for a variety of responses, others can have some similar answers. If needed, parents and caregivers can utilize this supplement as a resource.

3. Can you list the health risks associated with vaping?

Research into the effects of vaping on human health is ongoing. Known health risks for firsthand, secondhand, and thirdhand exposure to vaping aerosol includes:

EVALI: This stands for E-cigarette or Vaping use-Associated Lung Injury, a term that has arisen as a result of the increase in severe lung cases related to use of the products. The first cases were identified in 2019. EVALI is diagnosed by a doctor; symptoms include shortness of breath, fever and chills, cough, vomiting, diarrhea, headache, dizziness, rapid heart rate, and chest pain. Because EVALI is such a new disease, its course can be difficult to predict. Studies show as many as 96% of youth diagnosed with EVALI were hospitalized, and some have died.

Lung Damage: Vaping liquids may contain harmful chemicals, including formaldehyde, acrolein, acetaldehyde, and other toxicants. When inhaled—even at low levels—formaldehyde causes eye, nose, and throat irritations. At higher levels, it causes rashes, breathing problems, and changes in lung function. Acrolein, when inhaled, can cause respiratory distress and delayed pulmonary edema. Acetaldehyde is a known cancer-causing chemical. The more exposure, the higher the risk. Acetaldehyde causes irreversible damage to our DNA.

Effects on Brain Development: Vaping releases highly addictive nicotine into the brain in seconds. Nicotine exposure can alter the brain's normal development including memory, learning, and how the brain processes information. Your brain continues to develop in critical ways until around the age of 25.

Overall Health: Vaping releases toxic metal particles—including chromium, nickel, lead, tin and aluminum—delivering them directly into your lungs every time you inhale. Exposure to heavy metals increases the risk of cancer. Exposure to nicotine can increase heart rate and blood pressure, which can lead to cardiovascular problems. Long-term use of nicotine may increase the risk of heart disease.

Potential Gateway to Smoking: Vaping may serve as a gateway to cigarette smoking, especially among young people. Using both vapes and cigarettes increases the overall health risks.

Additional known side effects of vaping include depression and mood swings, vomiting and dizziness, coughing, headaches, lack of concentration, shortness of breath, chest/lung pain, allergic reactions (itchiness or swelling of lips), and poisoning.

4. Can you identify common signs of vaping or e-cigarette use in adolescents?

Unusual Gadgets or Devices: Vaping devices come in various shapes and sizes and sometimes look like pens or USB drives and often use charging cables. Understand what vape pens, pods, or cartridges look like.

[Resource on identifying vape devices.](#)

Online Purchases, Store Purchases: Be aware of purchases or delivered packages, which may contain vaping products. Kids illegally buy vapes from big-box stores and at gas stations, and they also get the products from friends.

Changes in Behavior: Sudden changes in behavior, mood swings, or increased irritability might be associated with nicotine use.

Unusual Odor: Smells from vaping devices are generally faint and sweet. Marijuana vapes often have a skunk-like smell.

Frequent Throat Clearing or Coughing, Increased Thirst, Unexplained Nosebleeds: Inhaling vaping aerosol can irritate the throat and lead to coughing or throat clearing. It can also dry out the mouth and nose, leading to increased thirst and nosebleeds.

5. Do you know the local laws and regulations regarding the sale and possession of vaping products? Can you list any laws (local, state, federal) related to youth vaping?

Minimum Legal Sales Age: Federal law sets the minimum legal sales age for tobacco products, including vaping products, at 21 years old. This applies nationwide.

Ban on Flavored Vaping Products: Federal law prohibits the sale of closed system devices (pods, cartridges) containing e-liquid in flavors other than tobacco or menthol. Yet flavored vape pods are often still sold illegally in stores and online.

Possession: According to Idaho law, "possession, purchase, distribution, [or] use of electronic smoking device by persons under age 21 [is] prohibited, except possession during course of employment to stock shelves or carry products to customer's vehicles and sales by employees ages 18-21."

Retailers: In Idaho a retail license is required for sale of e-cigarettes (retail or delivery sales).

Get more resources at IdahoPTV.org/knowvape

Sources: U.S. Department of Health and Human Services Vaping Facts and Misconceptions, Centers for Disease Control, American Lung Association, *Nic Sick: The Dangers of Youth Vaping*, Partnership to End Addiction, Idaho Office of Drug Policy, Idaho's Public Health Districts