THE TOBACCO INDUSTRY HAS A KIDS MENU
The tobacco industry hooks kids on vaping by using fun flavors that spark curiosity and make tobacco taste good. That puts teens at risk for a lifetime of nicotine addiction, health problems, and permanent brain changes.

Here’s what we know:

- In the last 2 years, vaping increased by 218% among middle schoolers and 135% among high schoolers.
- 96% of high school kids in CA who vape use flavors.
- Teens are nearly 7x more likely to vape nicotine than adults.
- Marijuana vaping among youth increased by 58% in a single year.
- Teens who vape are 3x more likely than non-vapers to become daily cigarette smokers.
- The average age of youth and young adults who try smokeless tobacco, like chew or snus, for the first time is 16.

Use this guide to help you keep your kids safe from flavored tobacco and vaping. Share it with parents, school leaders, and other decision makers. You’ll find resources for helping teens quit, a list of telltale signs of vaping, and a visual guide to vape products. Get advice for talking to kids about vaping, find out how schools are combating the problem, and learn how to help your community fight back against the powerful tobacco industry.
COVID-19

WE WANT HEALTHY LUNGS. THE TOBACCO INDUSTRY WANTS HEALTHY PROFITS.

COVID-19 has proven fatal in staggering numbers, and people with compromised lungs are especially at risk. Vaping and smoking weakens lung function and immunity, which might explain why youth and young adult vaping is associated with 5 – 7x greater risk of testing positive for COVID-19. An earlier lung illness, called EVALI, also hospitalized many young people and tragically took lives. Now, as students return to in-person learning, they’ll have more opportunities to use vapes, which may increase their chance of serious illness if they get COVID-19. Since the National Institute on Drug Abuse included vapers among the most vulnerable groups, it’s time to protect teens who are 7x more likely to vape nicotine than adults.

There have been calls for the tobacco industry to phase out sales of cigarettes and vaping products during the pandemic. They haven’t. They’re making a profit selling unregulated kid-friendly vape flavors like Menthol Freeze, Cotton Candy, and Blue Razz, while people all over the world are struggling with the far-reaching effects of a potentially fatal lung illness.

Let’s remember that the tobacco industry sells a product world-wide with zero health benefits and many known risks. Not only that, the industry ran disinformation campaigns for decades, lying for their own profit. Our aim is to be a place where Californians get the facts they need to keep teens safe and healthy despite ongoing threats from the tobacco industry.
KNOW THE SIGNS OF VAPING

Are there sweet, fruity, or menthol smells coming from behind closed doors?

Are there flash drives or other school supplies you don’t recognize in your kid’s backpack or room? How about small vials or eye dropper bottles?

Have you come across unfamiliar chargers, coils, or batteries?

Is your teen spending more money than usual or making unexplained purchases?

Have there been changes in your kid’s behavior such as increased mood swings, irritability, anxiety, impulsivity, or learning difficulties?

Is your teen suffering from more frequent headaches or nausea?
WHAT IF MY TEEN IS ADDICTED?

CALL OR TEXT A HELPLINE

The No Vape chat line connects your kid (or you) to a trained counselor. Text NoVapes to 66819 or call 1-844-8-NO-VAPE/1-844-866-8273.

My Life My Quit connects kids with a supportive, knowledgeable coach. Text Start My Quit to 1-855-891-9989 or call.

DOWNLOAD AN APP

This Is Quitting is text-message support app for teens. Text DITCHJUUL to 88709.

Smoke Free Teen has tools for quitting, including what to expect during the first few days.

ENLIST THE PEDIATRICIAN

Ask your pediatrician to talk about vaping with your teen. Doctors often explain things in a way kids will listen.

BE SUPPORTIVE

Quitting is hard. As many nicotine addicts and recovering addicts will tell you, it usually takes more than one try. Keep encouraging and empathizing with your teen. Reward the incremental progress and accept the setbacks as part of the process.
The youth vaping epidemic finally prompted FDA action. Victory? Not by a long shot. Pressure from the tobacco industry created a dangerous loophole that lets kids continue to get vapes in thousands of flavors, including menthol.

**AN FDA POLICY WITH A DANGEROUS LOOPHOLE**

**FDA POLICY DOES NOT ALLOW:**
Any pre-filled flavored vape pods that snap into vapes like Juul pods. However, menthol and tobacco flavors are still allowed.

**FDA POLICY CONTINUES TO ALLOW:**
All refillable flavored vapes, like Suorin and Smok.
All single-use disposable flavored vapes.
Pre-filled menthol and tobacco-flavored pods.

Since the flawed policy was adopted, sales of all menthol vapes have jumped by 52%. Companies that used to sell fruit-flavored or pre-filled flavor pods to kids changed tactics. Now, they push the vapes that remain unregulated, like menthol and disposable. No surprise, those sales are up.
KIDS CAN STILL GET THESE VAPES

HOW THE RULES BEND FOR VAPES

How can the industry still sell flavored disposable vapes?
The FDA restricts pre-filled flavored pods. Single-use disposable vapes don’t have pods. So Posh and other disposables sail right through the loophole onto shelves. The tobacco industry is free to market high-potency nicotine in kid-friendly flavors for as little as ten bucks a pop. No surprise that teens have switched to disposable vapes—another concern as campuses reopen post-pandemic.

How did Juul get off easy?
As they phased out the flavors that eventually became restricted, Juul promoted menthol- and tobacco-flavored vapes instead. Now, despite the FDA flavors ban, Juul sells more menthol- and tobacco-flavored e-cigs than ever. In fact, sales of all menthol vapes are up by 52%. So, the company that’s widely considered responsible for the vaping epidemic is doing just fine.

Despite the FDA flavors policy, kids can still buy three types of vapes.
TIPS FOR TALKING WITH TEENS

LISTEN

Whether or not your kids have tried vaping, they’ll benefit from a good talk. And a good talk starts with listening. Let the kids tell you what it’s like to be surrounded by teens who vape. These starter questions are a simple way in:

- Do you have friends who vape?
- Are you curious about it?
- Have you been offered a vape?
- Have you tried it?
- If so, what made you say yes?
- If not, what made you say no?

As kids move through middle and high school, they’ll face new challenges. Support them every step of the way by keeping the conversation going. Did you ever feel pressured to smoke? You could talk about your experience, including how hard it was for you to quit. An open dialogue is far more effective than one big lecture.

BLAME FLAVORS

How has vaping grown so fast? Blame flavors. 96% of high school kids in CA who vape use flavors. Most say flavors are why they use vapes. No surprise, since fun flavors trick kids into thinking vaping is harmless. Yet the chemicals the tobacco industry uses to create those flavors may damage your lungs, too. Some flavors may increase the likelihood of addiction by messing with dopamine, the brain’s “feel-good” chemical. Help kids understand that by hooking them on flavors, including menthol, the tobacco industry profits.

TALK SCIENCE

The main things kids (and adults) know about nicotine is that it’s addictive. But addiction is only the beginning. Teens should understand that nicotine is brain poison. It changes the way connections form in the brain, making it harder for kids to learn and pay attention. As if teen years weren’t hard enough, nicotine can also increase anxiety, mood swings, and irritability. Getting hooked on nicotine puts kids at risk for addiction to other substances, too.

LEARN MORE

Visit PAVe (Parents Against Vaping e-cigs) for a fact-filled toolkit and links to helpful websites and videos.

Use Stanford’s anti-vaping toolkit to get downloadable presentations, worksheets, and activity guides.

Get the California Department of Education’s e-cigarette toolkit.

Learn from the American Heart Association partnership about the tobacco industry’s insidious role in hooking kids.

Get tips from the U.S. Surgeon General on how to talk to your kids about vaping.
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<th>KID:</th>
<th>ADULT:</th>
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<tr>
<td>It’s not mine.</td>
<td>I hope it's not yours, but I get that you might be tempted to try vaping. I'm worried because vaping can be addictive and can change the way your brain works. Plus, I know the tobacco industry makes vapes that look like flash drives so they’re easy to hide. It’s not that I don’t trust you, but you should know that I’m paying attention.</td>
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<td>Vaping is safer than smoking.</td>
<td>There’s actually nothing safe about vaping. It’s not water vapor like some people think. The vapor is actually aerosol that contains metals, particulates, and toxic chemicals. And many vapes use nicotine salts rather than regular nicotine. Salts are inhaled more easily and absorbed faster than regular nicotine.</td>
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<td>Nicotine’s just a little buzz.</td>
<td>Nicotine does release a chemical called dopamine in the brain, which might make you feel good temporarily. But don't be tricked. Nicotine is a neurotoxin, which means it's a poison that affects the brain. When you’re young and your brain is still developing, nicotine can do lasting, even permanent, damage.</td>
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<tr>
<td>It’s not nicotine. It’s just water and flavors.</td>
<td>It’s not obvious to kids, or even grownups, that something that tastes minty, fruity, or sweet is actually an addictive drug that can have long-term effects on a kid’s developing brain. The chemicals the tobacco industry uses to create those flavors may damage your lungs, too.</td>
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Even during the pandemic, the tobacco industry has continued to target teens. Which means that as schools reopen, teachers and administrators have even more things to watch out for. Here are some of the many ways schools are addressing the vaping crisis.

### ADMINISTRATORS
- Adopting a tobacco-free policy that includes e-cigarettes in the definition of "tobacco product" and laying out enforcement and other implementation procedures.
- Sharing resources such as this printable guide or FlavorsHookKids.org with administrators to spread the word on school Facebook pages, websites, or in email announcements to parents.

### STAFF
- Educating teachers, counselors, nurses, coaches, custodians, and other staff so they know what the different e-cigarette/vaping products look like. These devices are changing all the time.
- Posting "No tobacco" signs and announcing reminders at sporting events and other gatherings.

### STUDENTS
- Engaging students in media literacy to counter the tobacco industry's influence.
- Encouraging kids to visit the nurse/wellness counselor at school for quitting resources like helplines (1-844-8-NO-VAPE) and apps (thisisquitting.com).

### PARENTS
- Hosting virtual or in-person informational parent nights featuring public health experts, local doctors, and law enforcement representatives.
- Enlisting the Parent Teacher Student Association (PTSA) to adopt an anti-vaping resolution; host educational sessions or activities about vaping; host educational forums for parents, students, and community members; and improve campus security with more frequent monitoring of locations where students vape. Be sure to attend to voice your concerns.
HELP KIDS UNCOVER THE FACTS

When it comes to learning the facts about vaping, help kids figure it out their way.

GOOGLE IT

Teens are digital natives, and a quick Google search will show them how the tobacco industry has marketed vapes to kids. Seeing how Juul and other companies set out to trick kids into vaping might trigger your teen’s BS radar. If you’re going to lead the exercise with your kid, do some reading yourself first. Start with this article: 
Juul bought ads on Cartoon Network, other youth sites, suit says. Or download this PDF from Stanford researchers so you can see what Juul was up to from the very beginning.

Use the PDF to point out the following marketing tricks to kids:

Youthful models
Their body language
Their outfits
Sex appeal
The colorful, trendy backgrounds
Hashtags all over social media
Juul’s presence at music fests
Juul’s free sampling events

Ask teens to decide for themselves who they think Juul was trying to reach. Chances are, they’ll spot the hypocrisy in a flash.

HISTORY REPEATING

Teens (and adults) might be surprised to learn the tobacco industry has a decades-long history of trying to market to kids. In the 70s, the federal government mandated that cigarette commercials be taken off the air. In the 90s, the cartoon “Joe Camel” was abolished. In 2009, flavored cigarettes (except menthol) were federally banned. And in 2019, new restrictions were put in place by the FDA, albeit with dangerous loopholes. Visit the Smithsonian site to give teens a glimpse of the past and to show them how the e-cig industry is using Big Tobacco’s playbook.

BIG KIDS UNITE

Maybe teens want a shot at impacting the epidemic themselves. With more and more kids vaping, high schoolers could model safe behavior. Connect with California’s Friday Night Live for ideas on how teens can tackle this health topic. Or have teens reach out to their school administrators or counselors for other ways to get involved. It could be a science or health project, or it could be applied to community service hours. Ask your teens if they’d be up for putting their leadership skills to work for California’s greater good.