

Dangers of Vaping

Why e-cigarettes are dangerous

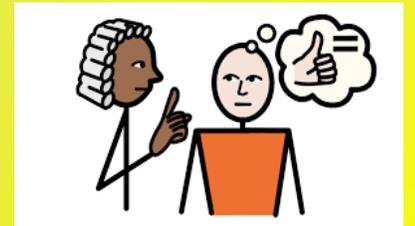
STOP

ELOQUENT
&
TRUTHFUL

CRITICAL
THINKING



UN Children's Charter of Human Rights No. 33: Protection from Harmful drugs



UN Children's Charter of Human Rights No. 40: Children who Break the Law



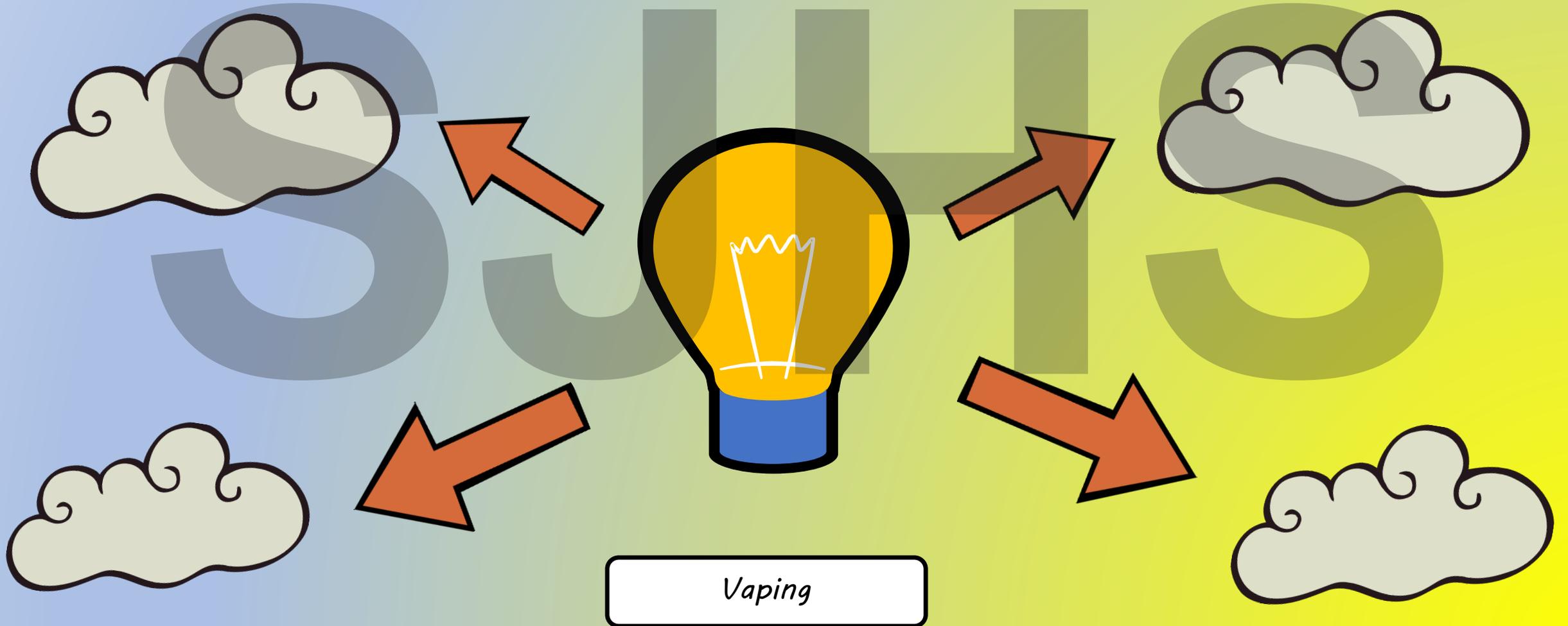
Let us pray



Dear Lord, we come before You today in need of Your healing hand. We particularly come to You to help people to stop causing harm to their bodies. Give those the need of Your grace and strength and let them know that in You all things are possible.

Hold our hearts within Yours, and renew our mind, body and soul. Give us the strength to move forward on the path you've laid out for us. Guide us towards better health and give us the wisdom to identify those you've placed around us to help work towards the common good. Amen. St Joseph.. Pray for us.

Activity: Discuss anything you already know about vaping.





What is vaping?

- *E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air.*
- *E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.*
- *Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. Larger devices such as tank systems, or “mods,” do not look like other tobacco products.*
- *E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).”*
- *Using an e-cigarette is sometimes called “vaping.”*

Vaping and the Risks - What's inside? Let's Visualise!



Diagram a:
Traditional Cigarette

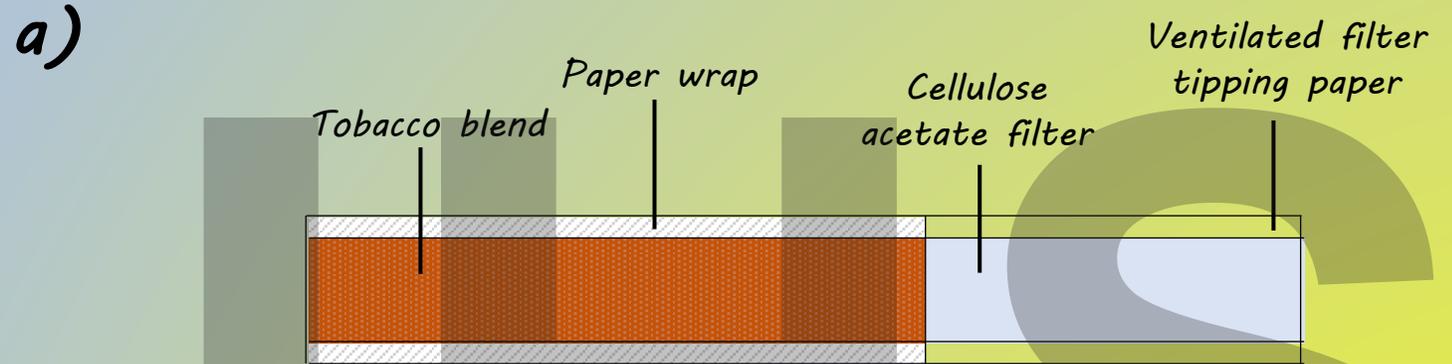
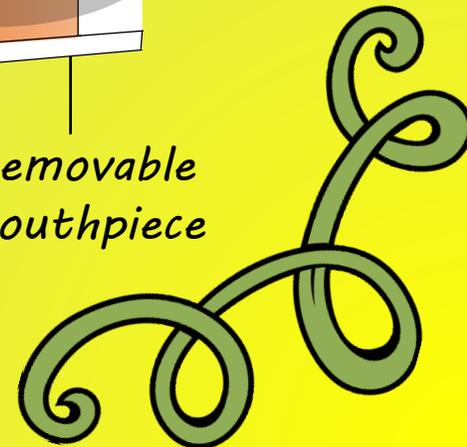
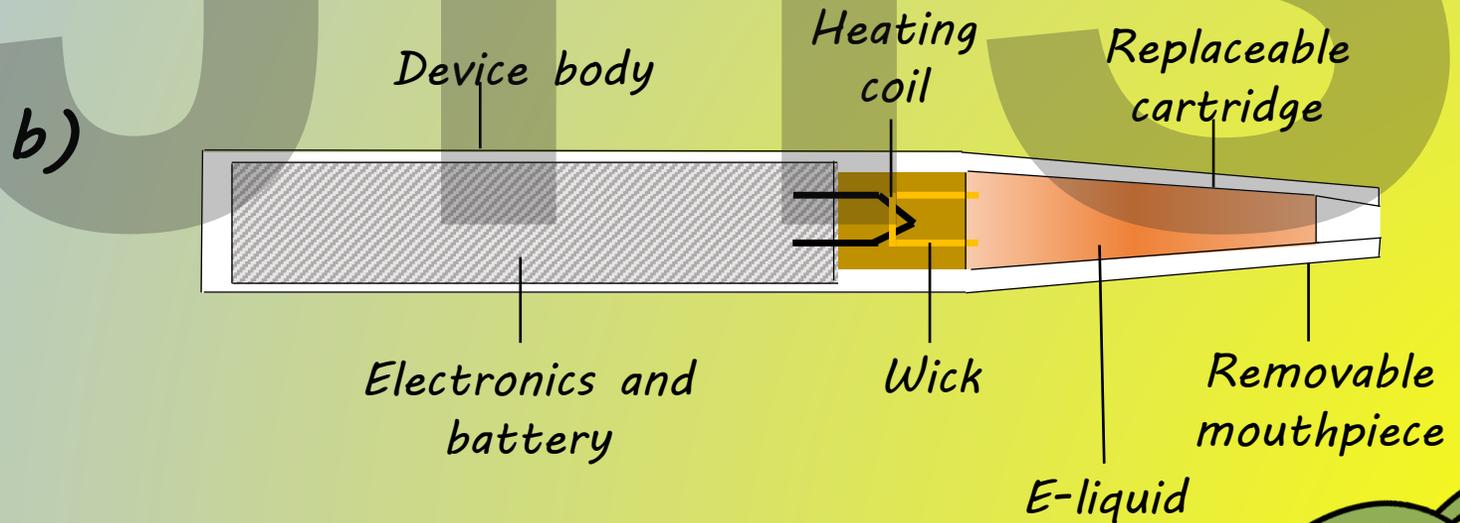


Diagram b:
E-Cigarette/Vape Pen





Why do Young People Vape?

Lured by flavours

When it comes to why teens themselves say they vape, many of their reasons have a social connection. In the 2019 National Youth Tobacco Survey, secondary school students named their top reasons for trying e-cigarettes as:

- Curiosity (55.3%)*
- A friend or family member used them (30.8%)*
- Availability of flavours like mint, candy, fruit, or chocolate (22.4%)*
- They can be used to do tricks (21.2%)*

“They see a friend or family member vaping, and they want to try it,” Richter says. “They like to do the vaping tricks, like making big clouds, and they really, really like the flavours.”
When most teens try an e-cigarette for the first time, it’s one with flavouring and teens who use e-cigarettes with flavoured liquid vape longer, too.



How does a vape work?

- *E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavourings, and other chemicals that help to make the aerosol.*
- *The liquid used in e-cigarettes often contains nicotine and flavourings. This liquid is sometimes called “e-juice,” “e-liquid,” “vape juice,” or “vape liquid.”*
- *Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.*



What is JUUL?

- *JUUL is a brand of e-cigarette that is shaped like a USB flash drive. Like other e-cigarettes, JUUL is a battery-powered device that heats a nicotine-containing liquid to produce an aerosol that is inhaled.*
- *All JUUL e-cigarettes have a high level of nicotine. According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.*
- *Approximately two-thirds of JUUL users aged 15 - 24 do not know that JUUL always contains nicotine.*



What is an elf bar?

- An Elf Bar is another brand of vape or e-cigarette.*
- Each bar contains the equivalent of 40- 50 cigarettes.*
- They are very addictive and can cause serious health issues.*

Why is vaping dangerous?



Please watch this short clip <https://youtu.be/M19ycsy1K9M>

- *Most e-cigarettes (vapes) contain nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products.*
- *A study found that 99% of the e-cigarettes sold in assessed venues in the UK contained nicotine.*
- *Some vape product labels do not disclose that they contain nicotine, and some vape liquids marketed as containing 0% nicotine have been found to contain nicotine.*



Why is vaping dangerous?

- *Nicotine can harm the developing adolescent brain. The brain keeps developing until about age 25.*
- *Using nicotine in childhood can harm the parts of the brain that control attention, learning, mood, and impulse control.*
- *Each time a new memory is created or a new skill is learned, stronger connections - or synapses - are built between brain cells. Young people's brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.*
- *Using nicotine in childhood may also increase risk for future addiction to other drugs.*

Vaping and the Risks - Nicotine and Addiction



Nicotine increases blood pressure and heart rate.

Nicotine is extremely addictive so can come with the following withdrawal symptoms - headaches, restlessness, increased hunger, trouble concentrating, low mood and feeling irritated.

“Vaping is highly addictive because it usually contains *Nicotine*.”

People become addicted to *nicotine* because it increases the levels of dopamine (happy /reward hormones) produced in the body.

Another reason people vape is because the *nicotine* temporarily relieves the feeling of stress and anxiety.

Nicotine narrows arteries.

Nicotine can lead to heart attacks.

Student: “What about E-Cigarettes that do not contain nicotine? Are they safe?”

Most vaping products contain nicotine as it is beneficial for vaping companies to have addictive substances in their products. However, there are a small amount of vape products with no nicotine which are also unsafe. These products still have chemicals in them that irritate the lungs. Furthermore, an FDA analysis from 2 leading brands discovered harmful chemicals in the liquid pods, one of the chemicals was diethylene, a chemical that is used in anti-freeze!

10 facts about vaping



https://youtu.be/KbR1V_fjG-0

Vaping Side Effects

Side Effects Of Vaping Are:

Dry mouth 	Dizziness 	A cough
Dry skin 	Dry eyes 	Itchiness
Insomnia <small>(mainly a quitting side effect)</small> 	Bleeding 	Nosebleeds

VAPINGDAILY
THE VOICE OF VAPING

The Facts About Vaping

Spectrum Health

- 2,711+** lung injury cases in the U.S. associated with vaping.*
- Nicotine** can permanently change the developing teenage brain, creating a nicotine addiction for life.
- 10 million** youth in the United States used, or were open to using, e-cigarettes in 2018.
- 60+** deaths associated with vaping.*
- Eighth graders who vape** are 10 times more likely to eventually smoke cigarettes than their non-vaping peers.
- 135% increase** in high school students using e-cigarettes, reported between 2017 to 2019.
- 60%** of young people think e-cigarettes are mostly flavor; the truth is that more than 98% of products tested contain nicotine.

*As of January 2020

Health Effects



- *Vaping can cause tooth decay too!!.*



What are other reasons vaping is dangerous?



- *Scientists are still learning about the long-term health effects of e-cigarettes.*
- *Some of the ingredients in e-cigarette aerosol could also be harmful to the lungs in the long-term. For example, some e-cigarette flavourings may be safe to eat but not to inhale because the gut can process more substances than the lungs.*
- *Defective e-cigarette batteries have caused some fires and explosions, a few of which have resulted in serious injuries.*
- *Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.*



- *E-cigarette aerosol is NOT harmless “water vapour.”*
- *The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including:*
 - *Nicotine*
 - *Ultrafine particles that can be inhaled deep into the lungs*
 - *Flavourings such as diacetyl, a chemical linked to a serious lung disease*
 - *Volatile organic compounds*
 - *Cancer-causing chemicals*
 - *Heavy metals such as nickel, tin, and lead*
- *The aerosol that users inhale and exhale from e-cigarettes can expose both themselves and bystanders to harmful substances.*
- *It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.*



What is the law?

- *Vaping is the same as using drugs. It contains the same drugs as a cigarette.*
- *You need to be 18 or over* *to smoke cigarettes or vapes.*

We are God's loving children. He created us and loved us enough to send Jesus into the world to pay the price for our sins. As Christians, we are called not to abuse our bodies. We know that there are major risks to vaping. They are incredibly dangerous to our health and we should avoid them at all costs.

Vaping and the Risks - Who Can Help?

