

# CURRENT TRENDS IN VAPING

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PREVENTION PROGRAM COORDINATOR

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## PEER Services

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- Local substance abuse prevention and treatment agency
- Outpatient substance use treatment for adolescents and adults
- 906 Davis St., Evanston
- 8324 Skokie Blvd, Skokie (At Turning Point)
- 847-492-1778
- [peerservices.org](http://peerservices.org)

## Glenview Northbrook Coalition for Youth

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- Local substance abuse prevention community coalition
- Mission is to empower our youth to live safe, drug and alcohol-free lives through family and community partnership.
- Many local members including school districts, parents, law enforcement, youth servicing agencies, etc.
- [gncy.org](http://gncy.org)

# AGENDA

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E-cigarettes

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Cannabis

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Data

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Tips for Talking with Teens

# E-CIGARETTES

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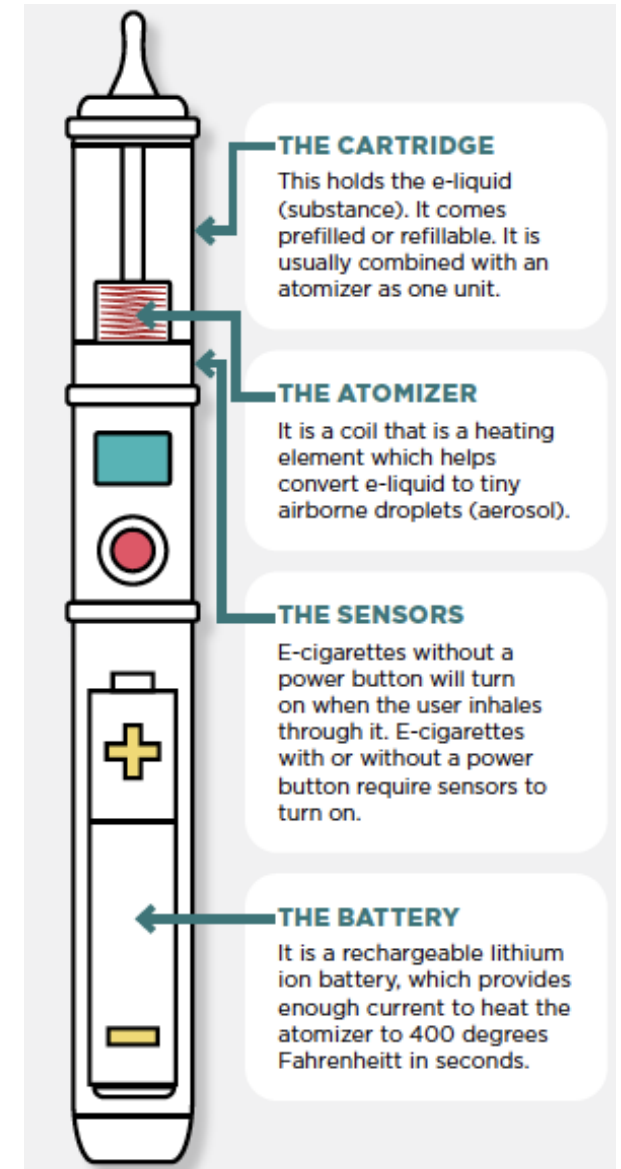
Types

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Use/Effects

# E-Cigarettes

- E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products—flavorings, and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air.
- E-cigarette, or vaping, products can be used to deliver nicotine, cannabis (THC, CBD), flavorings, chemicals, and other substances.
- They are known by many different names and come in many shapes, sizes and device types. Devices may be referred to as
  - E-cigs
  - Vapes
  - Vape pens, dab pens, and dab rigs
  - Tanks
  - Mods
  - Pod-Mods
  - Electronic nicotine delivery systems (ENDS)





## Cig-alikes/ Disposables

First Gen  
 Draw activated- no button  
 Mostly disposable  
 Limited E-liquid variance  
 Cigarette like experience  
 Cheap, easy for beginners  
 Limited Flavors  
 Not Modifiable/  
 Customizable  
 Only some- Rechargeable



## Vape Pens

Second Gen  
 Can use different e-liquids  
 Longer battery  
 Pre-filled or refillable  
 Button activation  
 Small tank  
 Evolved overtime- flavors,  
 pod system, battery etc.



## Vape Mods/Tanks

"Modifiabiles"  
 Tank to store e-liquid  
 Refillable or pre-filled  
 Use can change temperature,  
 vapor cloud size, mix e-  
 liquids, coils etc.  
 Come in different sizes and  
 shapes (can even be pens)



## Pod Mods

E liquid in pods  
 Simple, Cheap  
 E-liquid variance high  
 "Stealth vaping"  
 Nicotine salt vaping  
 Smaller, easier, less  
 customizable than vape  
 mods- no big clouds



# Disposable flavored vapes: Next gen

85% of youth who use e-cigarettes use flavored products

*"Blame a policy loophole. When the Trump administration decided to prohibit fruit, mint and dessert flavors in refillable cartridge-based e-cigarettes like Juul, it carved out a few exceptions to mollify the vape shop owners and adult consumers who complained. The much-publicized exemption allows menthol and tobacco flavors. But a footnote on page 9 of the new policy permits all flavors to continue to be sold in devices that cannot be refilled and are designed to be disposed of after the flavored nicotine has run dry." - NYTimes*



# Aerosol NOT Vapor

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# VAPING E-CIGARETTES

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- E-Cigarettes contain many ingredients; known and unknown
  - Ingredients reported (for example):
    - glycerol, propylene glycol, flavor, nicotine and benzoic acid
  - Ingredients NOT reported (plus many more):
    - Lead
    - Nickel
    - Tin
    - Acetone
    - Formaldehyde
    - Ethylbenzene
    - Rubidium
    - Cadmium



# Electronic vs. Traditional Cigarettes

## Nicotine:

- Pod Mods typically use nicotine salts rather than the freebase nicotine used in most other e-cigarette, or vaping, products.
- Nicotine salts, which have a lower pH than free base nicotine, allow particularly high levels of nicotine to be inhaled more easily and with less irritation to the throat than freebase nicotine.



JUUL  
1 pod = 1 pack (nicotine content)  
200 puffs or 1 pack of cigarettes



STIG  
1 disposable =  
1 pack  
(nicotine content)  
200 puffs or  
1 pack of cigarettes



POSH PLUS disposable  
1,500 –3,000 puffs per  
device or 7 ½ to 15  
pack of cigarettes each

## NICOTINE/E-CIGARETTE EFFECTS ON THE BRAIN/BODY

- Nicotine is highly addictive

- Changes the way synapses are formed with alters the way the brain controls attention & learning

- Decreases impulse control

Decreases the effectiveness  
of the immune system



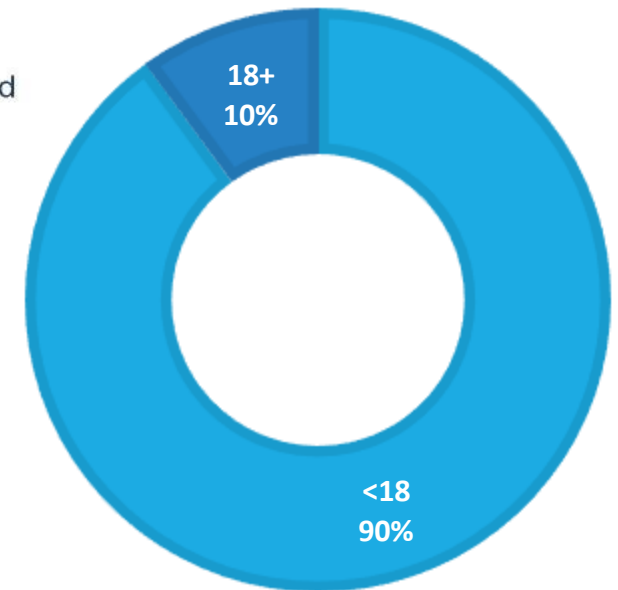
- Increase in cavity-causing bacteria, gum disease and/or tooth decay/loss

- Increases the heart rate and narrows blood vessels

- Chemical residue produced by e-liquid aerosol is deposited into the lungs

- Causes rapid, shallow breathing & higher risk of lung disease/cancer

Almost 90% of adult smokers began using before age 18



# Nicotine Withdrawal

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## Common symptoms include:

- Having cravings for cigarettes/nicotine product
- Feeling down or sad
- Having trouble sleeping
- Feeling irritable, on edge, or grouchy
- Having trouble thinking clearly and concentrating
- Feeling restless and jumpy
- Having a slower heart rate
- Feeling more hungry or gaining weight

# CANNABIS

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What is it?

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Methods

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THC Concentrates

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Effects of Use & Signs/Symptoms

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Cannabis – marijuana vs. hemp

*Delta-8 & Delta-10 THC*



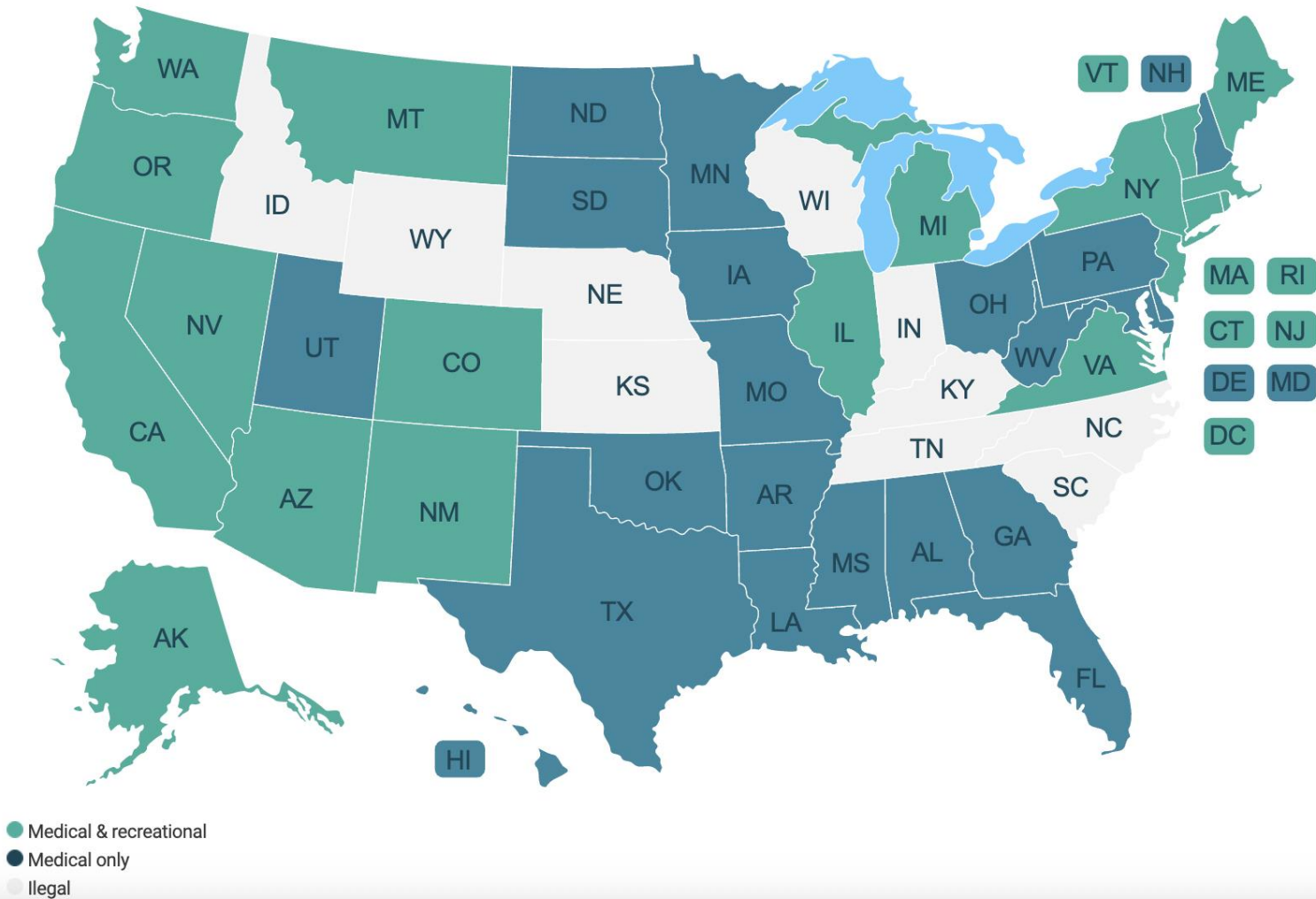
# CANNABIS

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- Marijuana is the dried leaves and flowers of the Cannabis sativa or Cannabis Indica plant
- *Tetrahydrocannabinol*, known as THC, is responsible for many of the drug's psychotropic (mind-altering) effects
- Average THC levels in the dry herb marijuana is now between 15%-20%
- Marijuana Concentrates
  - Highly potent THC concentrated mass that looks like honey or butter
  - Marijuana concentrates contain extraordinarily high THC levels up to 95%.
- Marijuana is a fat-soluble drug

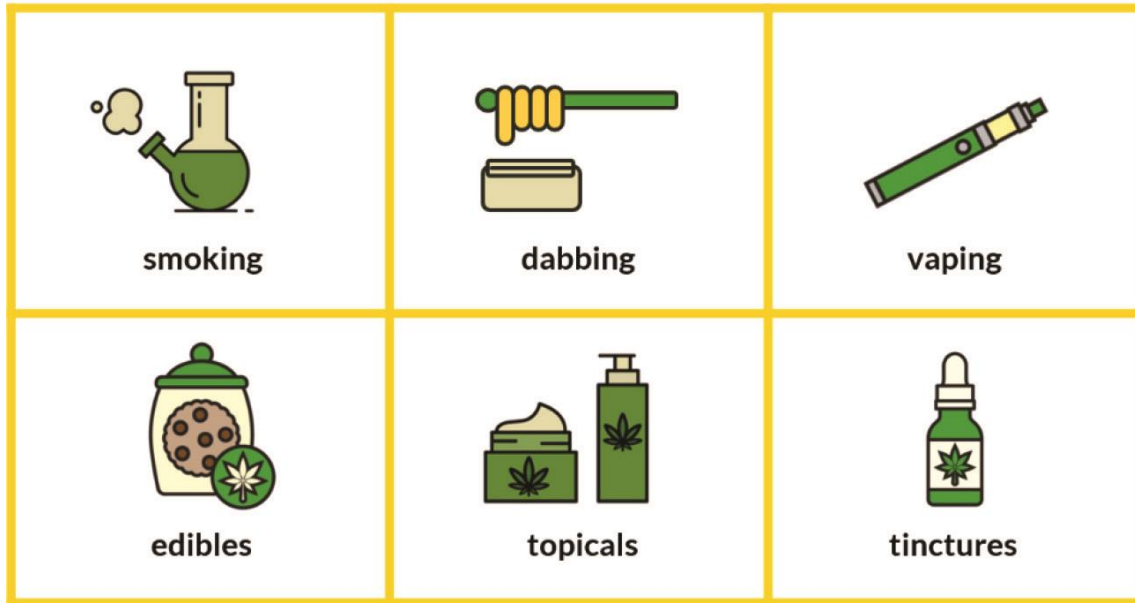


# Where cannabis is legal in the United States



# METHODS OF CANNABIS USE

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## Smoking

After inhaling, THC enters the lungs and then passes from the lungs into the bloodstream, which quickly carries the chemical to the brain. The effects are likely to be felt more immediately, may peak more quickly, and ultimately last for a shorter period than other methods.

## Dabbing

Dabbing involves heating a sticky oil or wax of concentrated THC extracted from cannabis and inhaling the vapors. Research has found that the vapor created by dabbing exposes users to the cancer-causing chemical benzene, as well as the noxious irritant methacrolein.

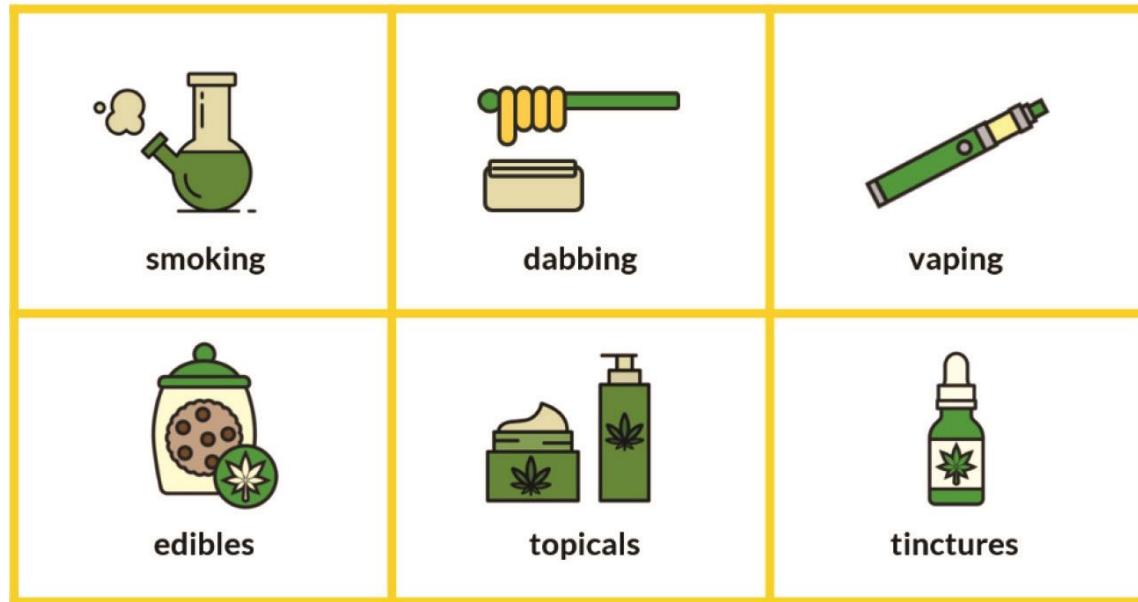
## Vaping

Vaping devices are not just being used for nicotine – they are also being used to vaporize THC, often through cannabis-infused oils in place of e-liquids. Vaping THC does not produce the telltale smell that emerges when smoking marijuana, so it's not as easily detected. When people vape rather than smoke marijuana, they tend to consume even higher concentrations of THC.



# METHODS OF CANNABIS USE

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## Edibles

Edibles are a food product such as brownies, cookies, and candy that contain cannabinoids, particularly THC. As manufacturing methods vary, edibles can vary greatly in their potency (some with very high THC concentrations), which isn't always clear to the user. Edibles also take longer than smoking to kick in, elicit peak effects more slowly, and may last much longer. Since the effects take longer to feel, some users take more because they think it's not "working." This, coupled with a much higher THC concentration, makes overdoses more likely.

## Topicals & Tinctures

Topicals are cannabis-infused lotions, balms, and oils that are absorbed through the skin for localized relief of pain, soreness, and inflammation. Tinctures are alcohol-based cannabis extracts that result from infusing alcohol with cannabis resin. Topicals and tinctures do not produce psychoactive effects because the psychoactive elements in THC do not activate until it is heated as in smoking or vaping. THC infused topicals and tinctures are only legally available in states where medical or recreational cannabis is legalized or decriminalized. CBD infused topicals and tinctures are generally available everywhere – if produced from industrial hemp.

# Method of Use – Among Users

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	8 <sup>th</sup>	10 <sup>th</sup>	12 <sup>th</sup>
Smoked It	69%	58%	71%
Vaporized It	70%	75%	70%
Ate it	52%	40%	40%
Dabbed it	27%	23%	32%

A photograph showing a pile of dried marijuana buds on the left and two rolled cigarettes on the right. The text "NOT THIS" is written in large, bold, black capital letters across the top. Below it, "5-25%" is written in a slightly smaller, bold, black font. At the bottom, "THC" is written in large, bold, black capital letters. The background is a plain, light color.

**NOT THIS**  
5-25%  
**THC**



**NOT THIS**  
5-25%  
THC

**BUT THIS**  
20-95%  
THC

**BUT THIS**  
20-95%  
THC

**THC** is the chemical responsible for most of marijuana's psychological effects. [livescience.com](https://www.livescience.com/61111-marijuana-chemicals.html)

The higher the level of THC the greater the impact.

ROLLING PAPERS

# BONGS

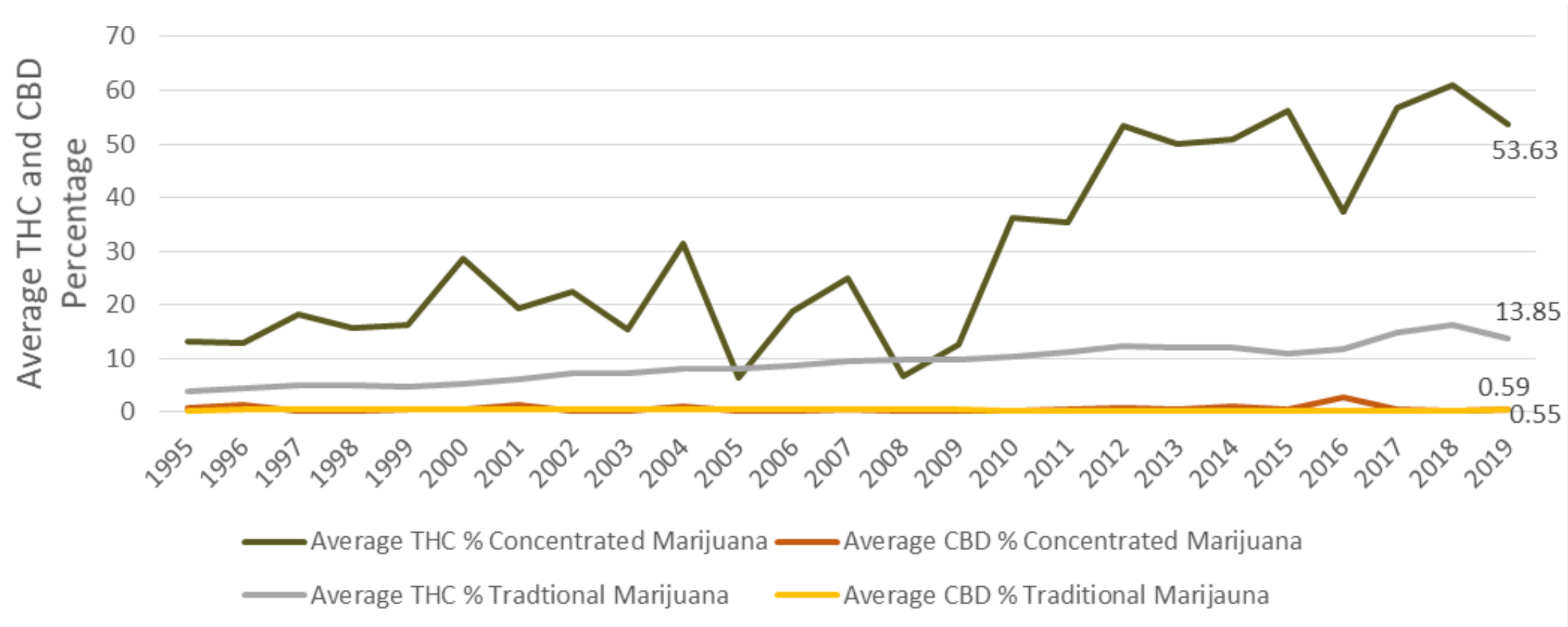
# VAPING

# EDIBLES & INGESTIBLES

The collage features a variety of cannabis products. At the top right is a large jar of Gold Line CBD gummies. Below it is a box of Binoid CBD gummies. To the left of the Binoid box is a bottle of Binoid CBD oil. To the right of the Binoid box is a bottle of Tonic CBD drink. Below the Tonic bottle is a box of Lemon Bars. To the right of the Lemon Bars is a row of five small bottles of CBD oil in different flavors. The products are arranged in a grid-like fashion, with some overlapping.

# DABBING

**Figure 40. Average THC and CBD Potency of Traditional and Concentrated Marijuana, 1995 – 2019**





**HYBRID**  
**MAC 1**  
Aeriz  
★★★★★ 483  
PREMIER FLOWER (3.5G)  
THC 24.66% CBD 0.11%



**HYBRID**  
**Sundae Driver**  
Aeriz  
★★★★★ 116  
PREMIER FLOWER (3.5G)  
THC 22.88%



**SATIVA**  
**Breakfast Bubba**  
Cresco  
FLOWER (3.5G)  
THC 28.41%



**HYBRID**  
**Watermelon [300mg]**  
Select  
★★★★★ 5  
FRESH CARTRIDGE (EACH)  
THC 83.50% CBD 0.28%

~~\$35.00~~ **\$25.00**



**HYBRID**  
**Chemdawg  
& Shine**  
★★★★★ 84  
CARTRIDGE (.5G)  
THC 83.98%

**\$45.00/.5G**



**HYBRID**  
**Pink Kush**  
Aeriz  
FULL SPECTRUM HASH ... (.5G)  
THC 71.50%

**\$60.00/.5G**



**CBD**  
**Midnight Drops [20pk]**  
**(100mg CBD/100mg...)**  
**1906**  
★★★★★ 178  
DROPS (EACH)  
100mg CBD/100mg THC 20pk

**\$35.00**



**CBD**  
**1:1 Downtime (40mg  
CBD/40mg THC)**  
**Beboe**  
★★★★★ 10  
GUMMIES (EACH)  
40mg CBD/40mg THC

**\$21.00**



**HYBRID**  
**Orange Whip**  
Bedford Grow  
★★★★★ 7  
BUDDER (1G)  
THC 70.14% CBD 0.70%

**\$70.00/1G**



**HYBRID**  
**Spiked Punch**  
Bedford Grow  
★★★★★ 22  
SUGAR (1G)  
THC 72.84% CBD 0.40%

**\$63.00/1G**



**SATIVA**  
**Waltz Haze**  
Bedford Grow  
LIVE RESIN (1G)  
THC 85.27% CBD 0.17%

**\$70.00/1G**



**INDICA**  
**Indica [10pk] (100mg)**  
**Encore Edibles**  
★★★★★ 230  
MILK CHOCOLATE (EACH)  
100mg 10pk

**\$30.00**



**HYBRID**  
**Pineapple Raspberry**  
**[10pk] (100mg)**  
**Encore Edibles**  
★★★★★ 6  
GUMMIES (EACH)  
100mg 10pk

**\$30.00**



# EFFECTS OF CANNABIS ON THE BRAIN

## **Neocortex:**

altered thinking, judgment  
and sensation

## **Basal Ganglia:**

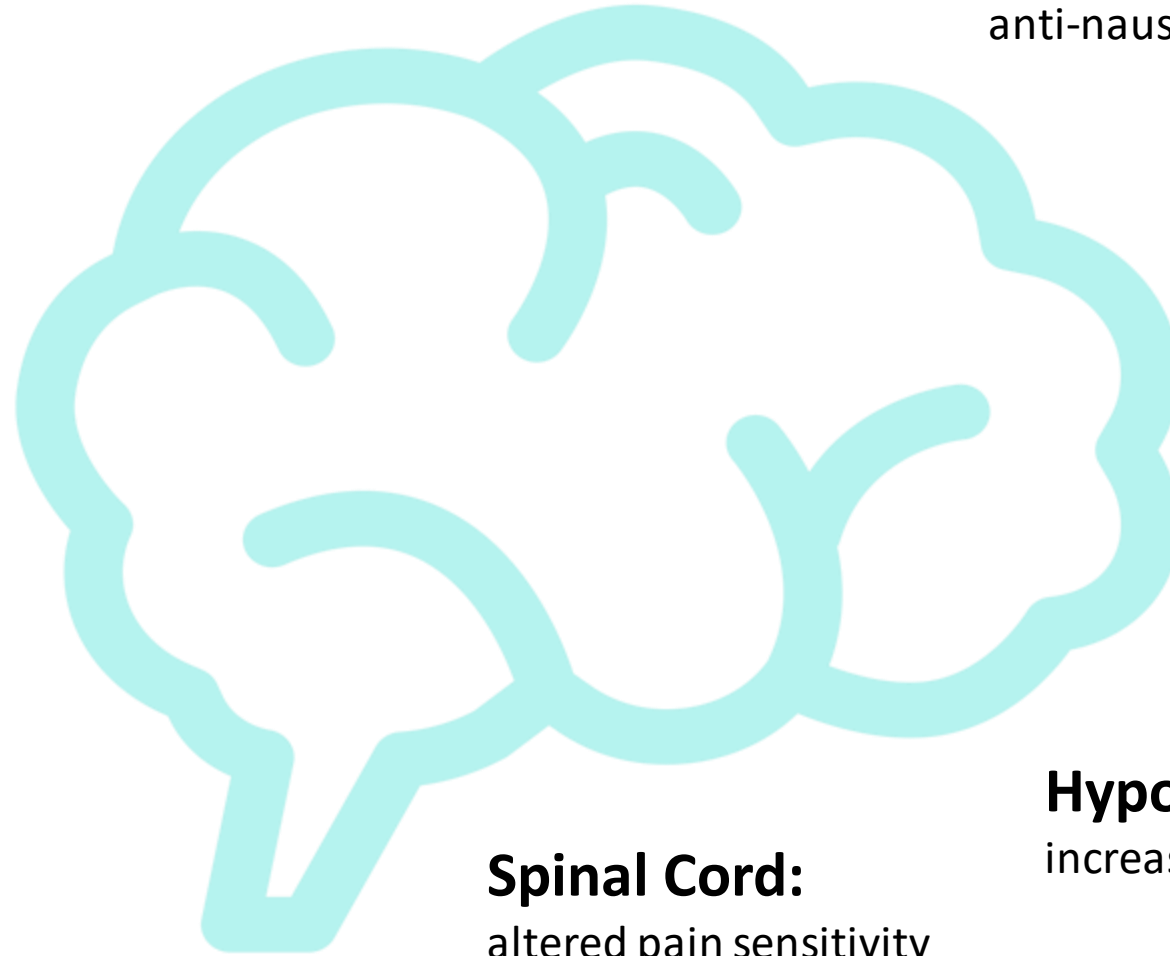
slowed reaction time

## **Amygdala:**

panic/paranoia, anxiety,  
emotions and fear

## **Nucleus Accumbens:**

euphoria (feeling good)



## **Brain Stem:**

anti-nausea effects

## **Cerebellum:**

impaired coordination

## **Hippocampus:**

impaired memory

## **Hypothalamus:**

increased appetite

## **Spinal Cord:**

altered pain sensitivity

# CANNABIS SIGNS & SYMPTOMS

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- A sense of euphoria or feeling "high"
- A heightened sense of visual, auditory and taste perception
- Increased blood pressure and heart rate
- Red eyes
- Dry mouth
- Decreased coordination
- Difficulty concentrating or remembering
- Increased appetite
- Slowed reaction time
- Paranoid thinking

## Signs to watch for:

- Declining schoolwork and grades
- Abrupt changes in friends
- Abnormal health issues or sleeping habits
- Deteriorating relationships with family
- Less openness and honesty

# HIDING METHODS FOR USE

## Sploof: handheld smoke filter



maryjanesdiary.com



reddit.com



heavy.com/



3.3 in Tall  
1 in Wide





# CANNABIS OVERDOSE

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- Hallucinations
- Mental confusion
- Panic attacks
- Extreme paranoia
- Uncontrollable shaking or seizures
- Pale skin color
- Unresponsiveness
- Sudden high blood pressure with headache
- Rapid heart rate, increasing the risk of heart attack

# CANNABIS WITHDRAWAL

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Symptoms appear within one week after the individual stops smoking marijuana and include:

- Feelings of anger, irritability, and/or aggressiveness
- Sensations of extreme nervousness or anxiety
- Disturbances with sleep that can include insomnia or very disturbing dreams and even nightmares
- A decrease in appetite that may or may not be associated with a significant loss of weight
- Feelings of restlessness and general malaise
- The onset of feelings of depression
- The inclusion of at least one physical symptom that causes significant distress, such as abdominal pain, fever, chills, sweating, headache, and/or tremors or shakiness.

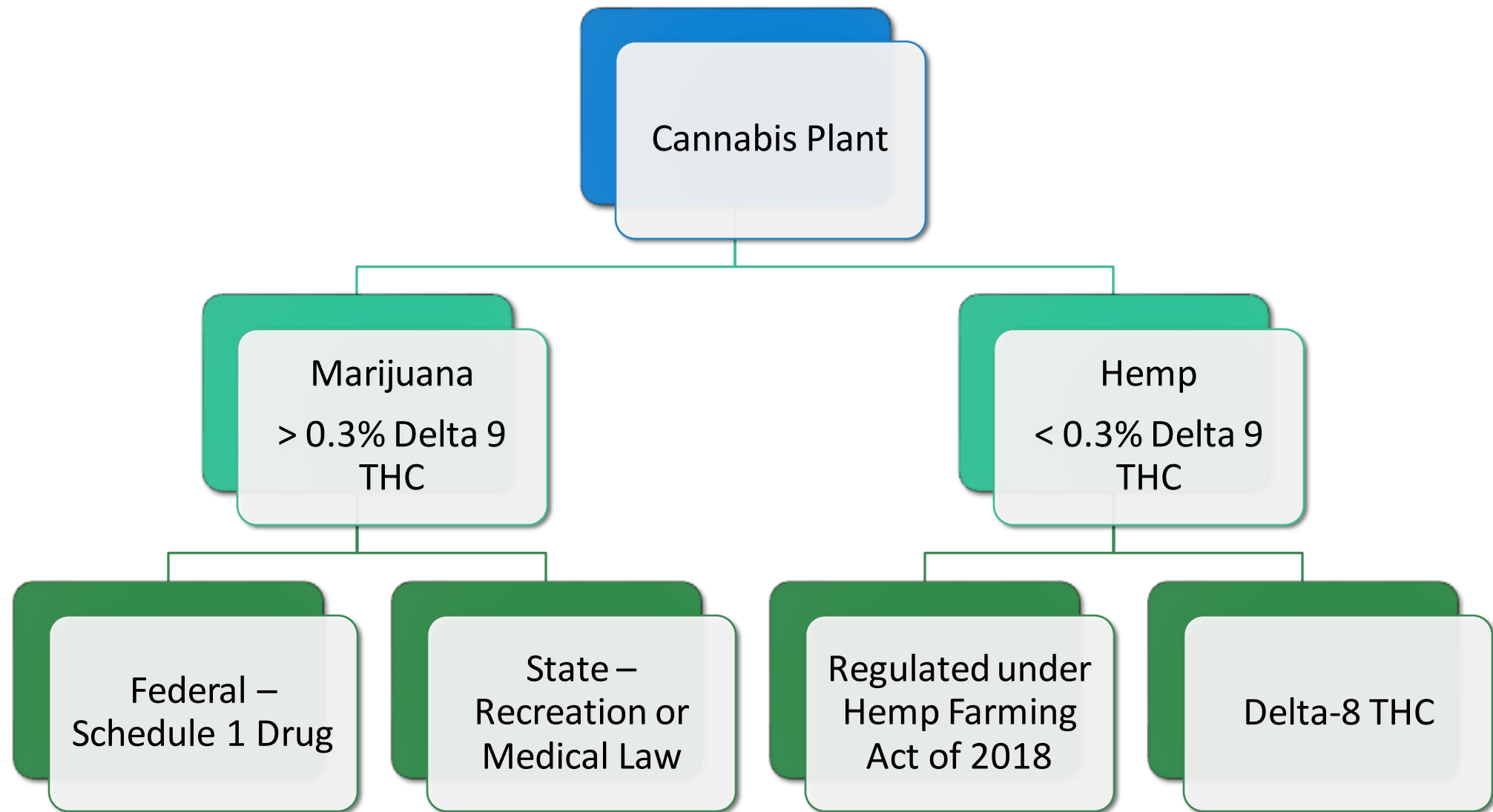
# GETTING “CROSSED”

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- Getting “crossed” is a term youth use when using both alcohol and cannabis at the same time
- Common misperception that when a person uses both alcohol and cannabis that they will experience the effects of both substances at the same time; relaxation from the alcohol and the “high” from THC.
- However, the body responds very differently to both substances together than it does separately. In fact, when alcohol is present, the amount of THC in the bloodstream nearly doubles because alcohol impacts the way that the body’s blood vessels absorb THC.
- Other reactions:
  - Nausea and vomiting
  - Dizziness
  - Disorientation
  - Paranoia
  - Panic attack

# Delta-8 & Delta-10 THC





# Delta-8 THC

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Exists naturally in the cannabis plant in only small quantities and is estimated to be about 50-75% as psychoactive as delta-9 THC

- Derived from hemp
- Marketed as “weed light” or “diet weed”

CBD can be synthetically converted into Delta-8 THC with a solvent, acid, and heat to produce higher concentrations of Delta-8 THC than those found naturally in the cannabis plant.

- Harmful by-products and unsafe contaminants can occur

Found anywhere that hemp or CBD products are sold (including online)

- Can lead to unintentional THC impairment if consumer is expecting to be purchasing CBD only products
- Products include vapes, smokable hemp sprayed with delta-8 THC extract, distillates, tinctures, gummies, chocolates, and infused beverages.

Also found in marijuana dispensaries in which products may include both Delta-9 THC and Delta-8 THC

- Only Delta-9 THC reported on packaging which could lead to unexpected elevated amounts of THC

# Delta-8 THC

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Intoxication  
could  
include:



Lethargy

Uncoordinated movements and decreased psychomotor activity

Slurred speech

Increased heart rate progressing to slowed heart rate

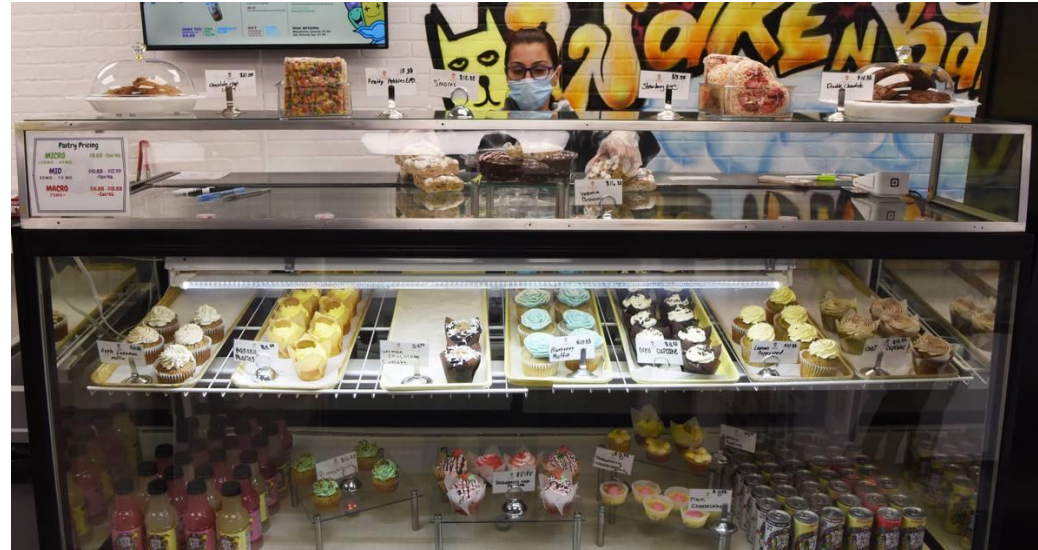
Low blood pressure

Difficulty breathing

Sedation

Coma







**FRESH SQUEEZED LEMONADES AND WATER SIZZERS \$5.00 EACH**

**MUSTACHIO**  
house famous blend of French Vanilla and Pistachio

**ROSEBUD**  
Moira Rose realness with scents of rose and creamy Madagascar vanilla

**PURPLE HAZE**  
fresh blueberry and hibiscus flower

**STRAWBERRY COUGH**  
strawberry puree swirled into our house lemonade

**ORANGE CREAMSICLE**  
taste of bubbly grapefruit citrus, and Madagascar vanilla

**GREEN GODDESS**  
hints of sweet matcha, passionfruit, and coconut

**KEYLIME PIE'D SIZZLER**  
breezy-beachy key limes, Madagascar vanilla, and bubbles

**PINA COLADA**  
spiced serrano pineapple, mango puree, and coconut

**LAVENDER KHOLA SIZZLER**  
Season's Smoothest Lavender cola to sink into

## MENU

**LATTES STARTING AT: \$3.95**

**PISTACHIO**  
Pistachio and French Vanilla

**LAVENDER VANILLA**  
Lavender and French Vanilla

**RED VELVET**  
Crème de Coco and French Vanilla

**MATCHA**  
Café Con Leche  
Café Bustello Espresso and Sugar in the Raw

**CRÈME DE ROSE**  
Rose and Crème de Coco

**ROCHERE**  
White Chocolate and Hazelnut

**DEEZE NUTS**  
(non-Coffee Steamer)

**DOUBLE DREAM HOCHIAI**  
Chocolate with Italian Espresso

**WHITE WIDOW**  
White Chocolate with Italian Espresso

**SNOOP'S DREAM**  
Caramel with Italian Espresso

**CANNATONIC**  
Italian Espresso with milk

**AMERICANO**  
Espresso over ice with water

**AK-47**

**TEAS \$5.25**

**LONDON TWIST**  
Earl Grey, lavender, and steamed milk

**CHITOWN TWIST**  
Turmeric, Ginger Chai, French Vanilla and Steamed Milk

**STRAIGHT UP AUTUMN**  
House Dirty Chai with an even dirtier secret to fall for.

**VERED TEA**  
Iced Citrus Green Tea

**LEMON SKUNK**  
Arnold Palmer with Green tea twist

**SIGNATURE HUBAN SWEET TEA**  
Turmeric and Ginger Tea with hints of citrus and mango

**PINK CRUSH KUSH**  
House Favorite tea with passionfruit and hibiscus, finished with lemonade and coconut milk.

**HOT**  
12oz/16 oz (\$1.00)

**DELTA 8 STARTING AT \$8.88**

**COLD**  
20oz/24oz (\$1.50)

**CBD FOR \$2.95**

**IMMUNITY \$1.00**

**MILK OPTIONS:**





# DATA

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E-Cigarette Use

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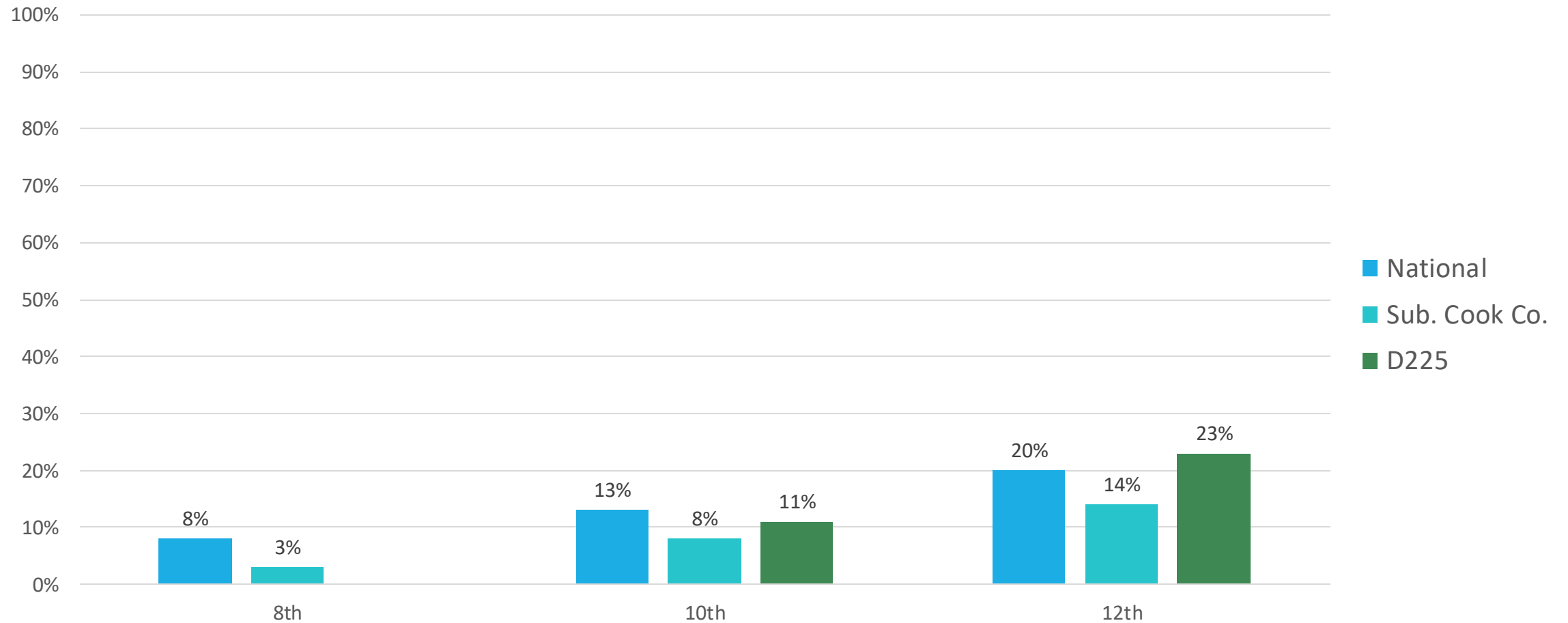
Cannabis Use

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Reasons for Use

# E-Cigarette: 30 - Day Substance Use

Comparison: National, Suburban Cook Co. and D225



# E-Cigarette Supply Source – D225

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Among  
Users

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Any Retail Source – 50%

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Online Access – 3%

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From a friend – 65%

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Sibling – 13%

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Parents WITHOUT Permission – 8%

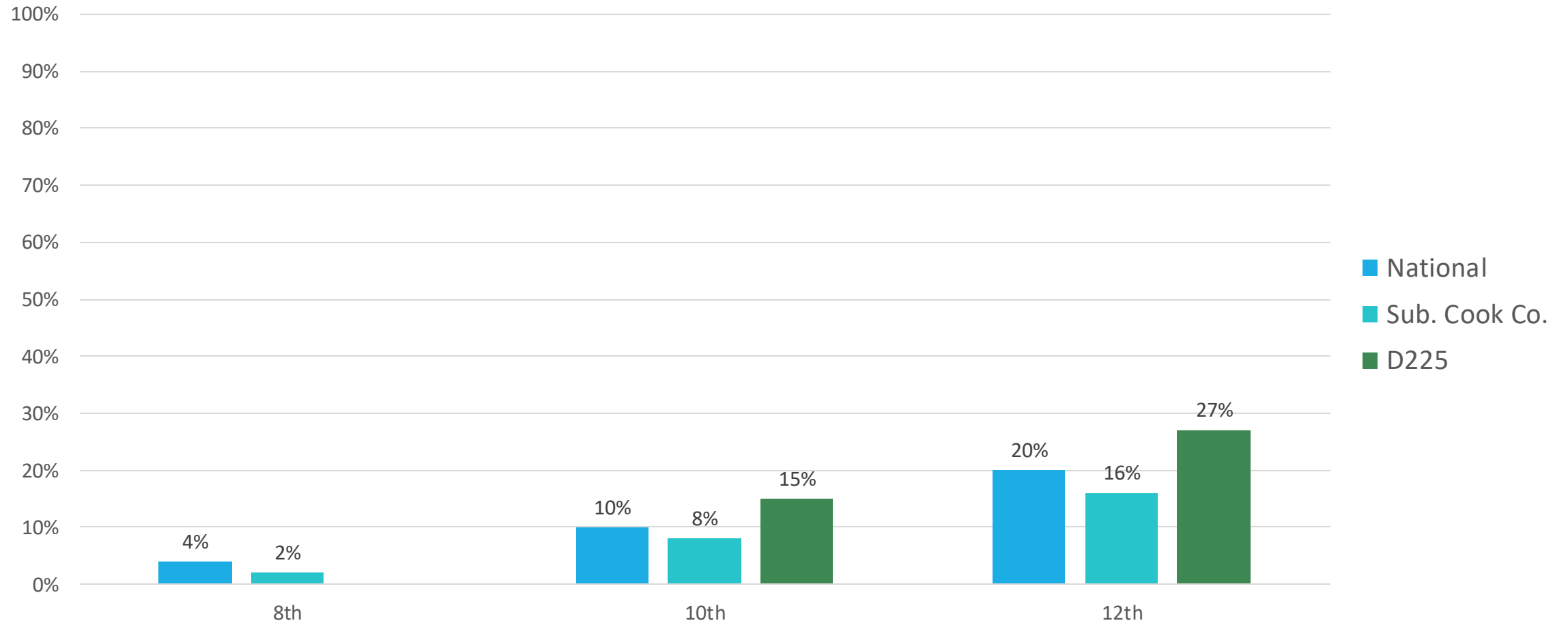
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Parents WITH Permission – 2%

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# Marijuana: 30 - Day Substance Use

Comparison: National, Suburban Cook Co. and D225



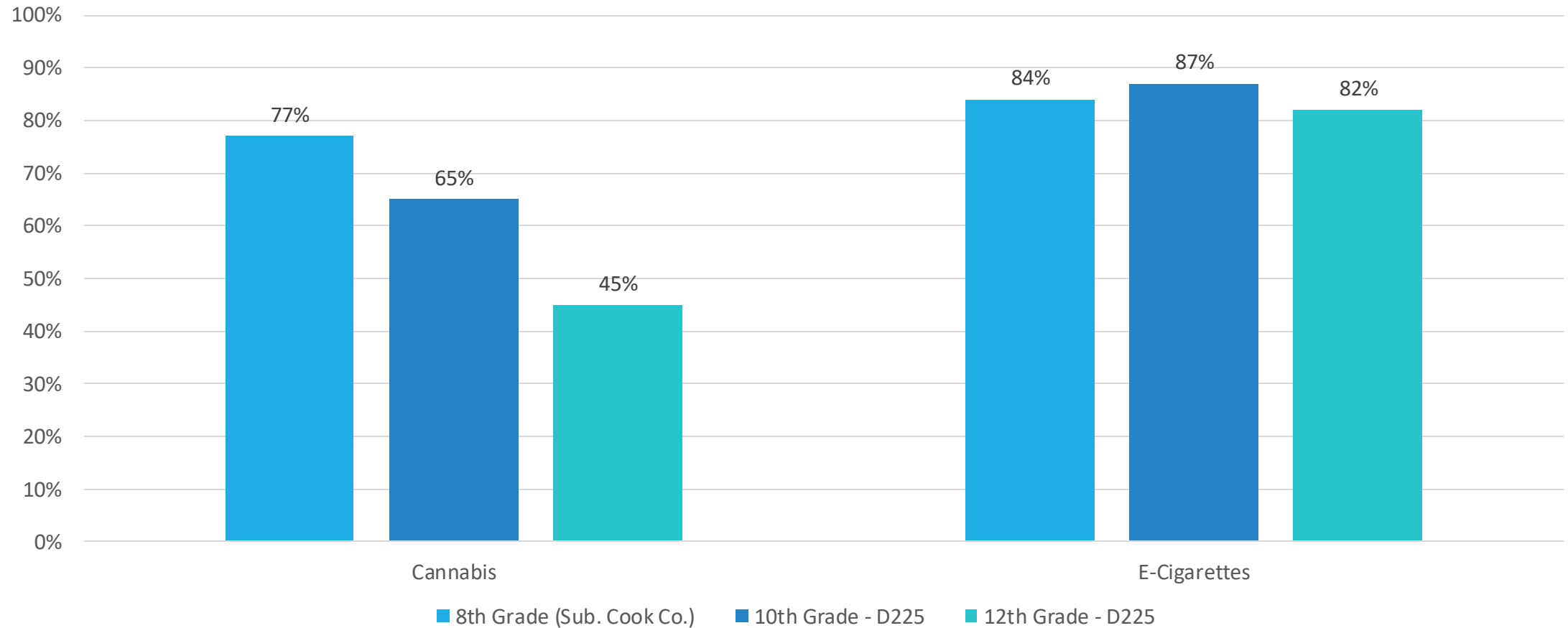
# Cannabis Supply Source – D225

Among Users	Someone who sells drugs – 36%
	Social source – 82%
	From a friend – 79%
	Sibling – 21%
	Someone else's medical marijuana card – 10%
	Parents WITHOUT Permission – 12%
	Parents WITH Permission – 11%



# Perception of Risk

How much do you think people risk harming themselves (physically or in other ways) if they:  
(reported moderate to great risk)



# REASONS FOR USE AMONG YOUTH

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- To relax
- To cope with stress and anxiety
- To cope with other mental health concerns
- To have fun
- To alter their perspective
- To fit in / peer pressure
- To experiment
- To try something new

# TALKING WITH YOUR TEEN

**HAVE YOU STARTED THE CONVERSATION?**



**About half of Illinois teens say their parents  
talk with them about not using marijuana.**

Source: [https://rpt.cprd.illinois.edu/UserFiles/Server/379052/File/state-reports/2018/Freq18\\_PYS\\_Statewide.pdf](https://rpt.cprd.illinois.edu/UserFiles/Server/379052/File/state-reports/2018/Freq18_PYS_Statewide.pdf)  
Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Service Administration.

GET MORE TALK TIPS AT  
[bit.ly/LTCforparents](https://bit.ly/LTCforparents)





# TALKING WITH YOUR TEEN

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- Goal is to have a conversation about how vaping can impact your child's health, goals and future.
- Establish expectations early
- Not just one 60-minute conversation, ***sixty 1-minute conversations***
- Message must be direct with clear consequences, explain *why*
- Utilize facts and consequences of use that will resonate with your child

## Reasons why teens choose not to use:

- Control of Body and Actions
- Legal Consequences
- Trouble with Parents/ Disappoint Parents
- Lost Extracurricular Eligibility
- Jeopardize Future Plans
- Safety
- Bad for Health

# TALKING WITH YOUR TEEN

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- Utilize open-ended questions
  - “Tell me about...”
  - “What are you learning about this at school?”
  - “What are your thoughts about the vaping illnesses, legalization, etc.?”
  - How can I support you to remain substance-free?
  - How do you feel about a friend using drugs?

# HELPFUL MESSAGE FOR TEENS

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## Don't fall for it

- Don't let big businesses take advantage of you, ruin your health, make you dependent
- It's not cool to be addicted to and dependent on a drug

## Don't be fooled by celebrity and social media promotions

- There's money behind them, not your best interests

## Don't contribute to environmental damage

## Make smart and healthy choices

- Vaping nicotine or cannabis really is dangerous
- You only have one brain and body and they're in pretty great condition right now – why mess up your health?

# QUESTIONS?

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# RESOURCES

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- [PEER Services](#)
- [Glenview Northbrook Coalition for Youth \(GNCY\)](#)
- [Stanford Tobacco Prevention Toolkit](#)
- [Stanford Cannabis Prevention Toolkit](#)
- [National Institute on Drug Abuse](#)
- [Partnership to End Addiction – Marijuana Resource Center](#)
- [Talking to Your Kids About Cannabis](#)
- [Substance Abuse and Mental Health Services Administration](#)
- [Ask, Listen, Learn](#)
- [Operation Prevention](#)
- [Above the Influence](#)
- [Operation Snowball](#)
- [5 Things to Know about Delta 8 THC - FDA](#)
- [Vaping Products Visual Dictionary - CDC](#)