



Stay Ahead of Substance Abuse

Juuling/Vaping/E-Cigarettes *Informational Parent Fact Sheet*

➤ **What is Juuling?**

Juuling is a term used to describe an alternative way of vaporizing liquid nicotine. The device used to do this is called a JUUL, which has a unique profile that does not look like your average vaping device. The JUUL is small and compact, can fit in palm of ones hand, come in a standard black and grey color, and resembles a USB drive.

➤ **How does the Juul work?**

According to the JUUL makers, the JUUL was simply created to be a much more satisfying alternative to smoking cigarettes. In the same way vapes work, the JUUL device uses regulated temperature to convert nicotine into a vapor, which is inhaled by the user. The device is battery-powered and comes packaged with a USB charger that connects to a computer to charge the JUUL. There are a variety of flavors such as cool mint, mango, fruit medley, and more. The flavored pods are sold in packs of 4 and each pod contains 0.7mL with 5% nicotine. This amount of nicotine is equivalent to one pack of cigarettes or 200 puffs.

➤ **Is there a difference in Juuling and Vaping?**

There are very few differences in Juuling and vaping. The JUUL uses nicotine salts that are found in the tobacco leaf, while standard vapes or e-cigarettes use free-base nicotine, which is the purest form of nicotine. The JUUL also has a much less lingering smell and a smaller cloud after being exhaled, compared to the vapes. With the advanced technology the JUUL uses, there is a much harder hit of nicotine making the device more cigarette-like. Because of its small, sleek, discreet size, and variety of flavors, the JUUL's target markets are youth and college students.

➤ **What are the health effects of Juuling?**

Because juuling, vaping, and e-cigarettes in general are still very new, there is currently a lot of research being done on this new trend. What we do know is, nicotine is highly addictive and can be harmful to brain development among youth. Research has found that when talking to youth who are vapers, they complained of bleeding sores in the mouth and discomfort in the throat. In addition to these sores and discomfort, vapers have also complained of a "smoker's cough". This cough develops from the technology used to heat the liquid nicotine. The hotter the vape gets, the "hit" becomes harder causing a harsher effect on the cells in the mouth and throat. It has also been found that the use of vapes inflame the cells found in the mouth, causing potential gum disease.

The Food and Drug Administration began regulating all tobacco products, including e-cigarettes, in 2016. Although, there are regulations on liquid nicotine, vaping shops often modify the liquid, adding in chemicals that have been found to be harmful to the body and even cause cancer. Many e-cigarettes are battery powered, including the JUUL, which has caused unintended injuries amongst users due to defective batteries causing fires and explosions. Because there is still so much research being done on e-cigarettes, they are not a recommended as a quit method for smokers, which is one of the biggest misconceptions of e-cigarettes.

➤ Talking to your teen about Juuling or Vaping.

Vaping and Juuling have become very popular, especially among high school-aged students. In fact, e-cigarettes grew 900% amongst students between 2011 and 2015. Having conversations about the use of e-cigarettes or juuling can be tough and uncomfortable but, it is a conversation that is much needed. There are a few things to consider before and while having these kinds of conversations with your teen. Suggested tips are listed below to guide parents on this topic:

- Research the topic and have credible facts and information on e-cigarettes.
- Be patient, be prepared to listen and answer their questions without adding criticism or judgement.
- Find the right moment and the most effective way to communicate.
 - Because technology is so advanced having this conversation via text messaging might be an option in some situations and for some families. This is also a great way to share electronic resources and websites.
- Be a positive example by being nicotine-free.

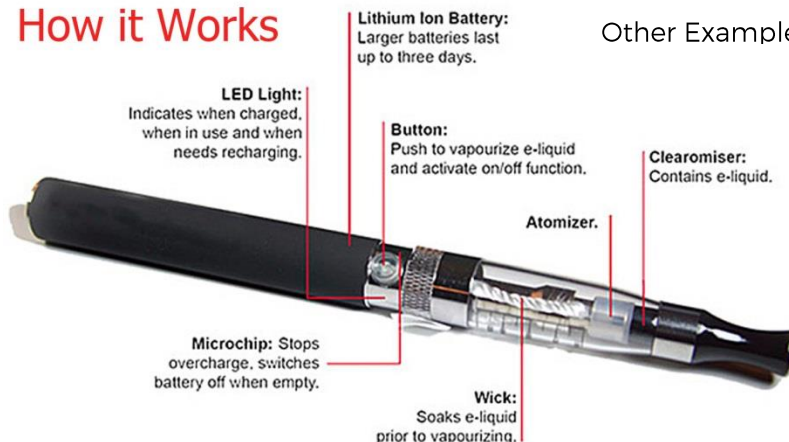
The most important thing to remember is that you want to be supportive and nonjudgmental. The goal is to inform them of information on e-cigarettes and JUULs. Give them the space they need to really understand the science and the facts. Lastly, remember this is meant to be an open and honest conversation with your teen, not a lecture.

1. JUUL website: <https://www.juulvapor.com/>
2. Food and Drug Administration website: <https://www.fda.gov/TobaccoProducts/Labeling/ProductsIngredientsComponents/ucm456610.htm#regulation>
3. CDC website: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm
4. Smoke Free website: <https://smokefree.gov/>
5. Surgeon General Tip Sheet: https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf
6. Science News for Students website: <https://www.sciencenewsforstudents.org/article/concerns-explode-over-new-health-risks-vaping>

Juul Device and Pods



How it Works



Other Examples of Vaping Devices

