Vaping has become an ongoing issue among our younger generation. Children and teens underestimate the health risks of vaping and believe vaping does no harm to their body and mind - and that's a problem. Vaping has become an epidemic among the youth, which needs to be understood by all.

To vape is to inhale vapor created from a liquid heated up inside a device. The devices have many names—vape pens, pod mods, tanks, electronic nicotine delivery devices (ENDS), e-hookahs and e-cigarettes. The liquid they contain also has many names it might be called e-juice, e-liquid, cartridges, pods, or oil. Most vape liquids contain a combination of glycerin—as a base, with nicotine, marijuana, or flavoring chemicals to produce common or outlandish inappropriate flavors, from strawberries, cookies n' cream to "unicorn puke". Another misconception is when you see plumes of what looks like steam coming out of person's mouth, people assume it's mostly safe, mostly water. But these liquids used in vaping are filled with nicotine, marijuana, flavoring agents, and other chemicals that cause harm to the lungs.

The devices rely on batteries to power heating elements made of various materials that aerosolize the liquid. A popular type of vaping device, called pod mods, look like USB drives and can even be charged via a laptop or USB port. These devices are easy to disguise and hide from others. In some cases these devices have caught fire inside a backpack even in a person's pants pocket due to the friction and heat in an enclosed location causing the device to explode.

This new hobby of vaping continues to grow and be popular among our youth. The best defense to stopping it is to be educated on the topic to discuss with your children. Also be observant of what might be a device and any physical changes with your child.

The California Smokers' Helpline is pleased to make three fact sheets available to share with parents and students about e-liquid, e-cigarettes, and JUUL-Suorin.
• E-Liquid and Children
• E-Cigarettes
• JUUL and Suorin

In addition KEYT recently shared this document among the community discussing the issues of vaping.


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