

## Is Vaping Safe For Teens?

It is unsafe for minors and it is not designed for teenagers or non-smokers. Vaping is a far less harmful solution to smoking if you can't quit any other way.

Smoking is hard to quit because of the addictive properties of nicotine, the 'habituation and ritual' aspects of smoking, and the efficiency (speed) with which a nicotine 'hit' (meaningful serum nicotine level) is delivered. Anyone who's struggled with quitting will tell that the effort is more complicated than slapping on a nicotine patch or chewing gum. The newest generation of vaping products, particularly those being used, illegally, by teens — are the closest alternative to smoking in every regard but deadliness. That's mostly good as the switch over from combustion is easier — but bad from an experimentation standpoint because the addictiveness is also closer to cigarettes. 'Juuling' puts more nicotine into your bloodstream with a few pulls than any other way of getting nicotine aside from smoking. Higher and faster than gum, patches, lozenges, SNUS, or "traditional" vaping even when done with good gear by an experienced vaper. If you are curious to know more about the vape, here you can get [more information](#) about it.

### **So, what's the bottom line for teens, parenting, and policy?**

Teens still initiate smoking. That's the battle everyone has to fight. Teen smoking has recently become less prevalent with the advent of vaping, after having 'plateaued' even in the face of education, advertising, price increases, age, and purchase location restrictions, and active parenting. Those teens now take up smoking at a lower level than ever and the only thing that's changed is... vaping.



**Does this mean teen'svaping is good?**

Not. Don't encourage or condone vaping. But — if this comes down to a kid who is going to smoke, or does already, due in part to the availability of cigarettes, then do whatever you can to prevent that. Including making vaping available if they can't or won't quit.

As long as cigarettes are legal, it's unethical and, on a population basis, evil, to not promote vaping as a much safer, but not harm-free alternative to smoking.



Helping teens make good health choices while not fully “adult” in biological or logical (as in, making good choices) — that's where parenting comes into sharp focus.

Trendy and cool may be the draw. Breaking rules — getting away with something you're not supposed to do. That's part of it, but the new generation of pod-based, high nicotine “salt” juices give you a tremendous buzz. Confront that. Yes, it feels good to some, maybe nauseating to others, but even if it feels good — that goes away fast. Then you're on a maintenance drug. Needing to do it to not feel bad. At that point, you'll spend money you don't want to and maybe try smoking since bumming a cigarette might be easier than buying a vape or going without your drug if your vape is busted or not charged. It is better to switch to lower, and zero nicotine.