




DRUG ENFORCEMENT ADMINISTRATION



# Vaping:

Protect yourself and the people  
you care about





# Our Talk Today

- What is vaping?
- How does a vaping device work?
- What substances can be used in a vaping device?
- Protect yourself from vaping
- Talking about vaping
- Quiz show





# What is vaping?



# What is vaping?

Vaping is the act of inhaling and exhaling an aerosol or vapor made from a liquid or dry material that is heated in an electronic powered device, called an electronic cigarette, or e-cigarette.

Or ...

Sucking in and then blowing out vapor made by heating a liquid or dry substance in a vape device.



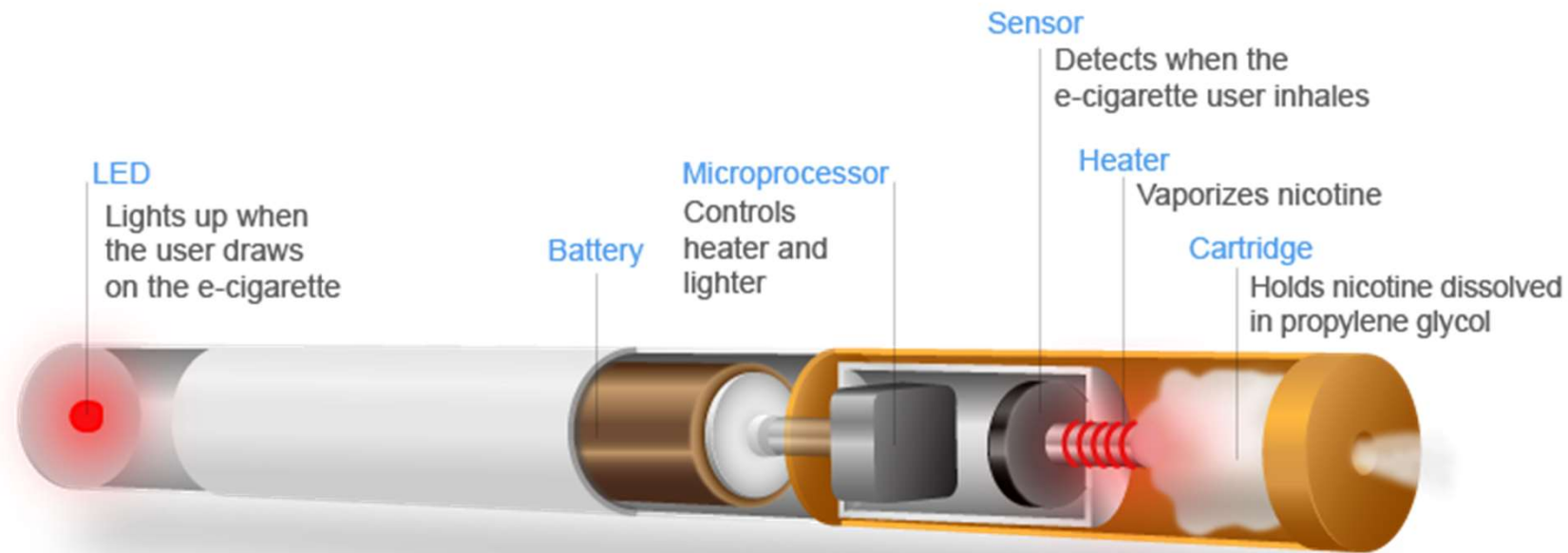


# How does a vaping device work?



# How does a vaping device work?

Parts of a vape: Generally, the vaping device consists of a battery, a cartridge for containing the e-liquid or dry marijuana, and a heating component.





**What are different types of vaping devices?**





# What are the different types of vaping devices?

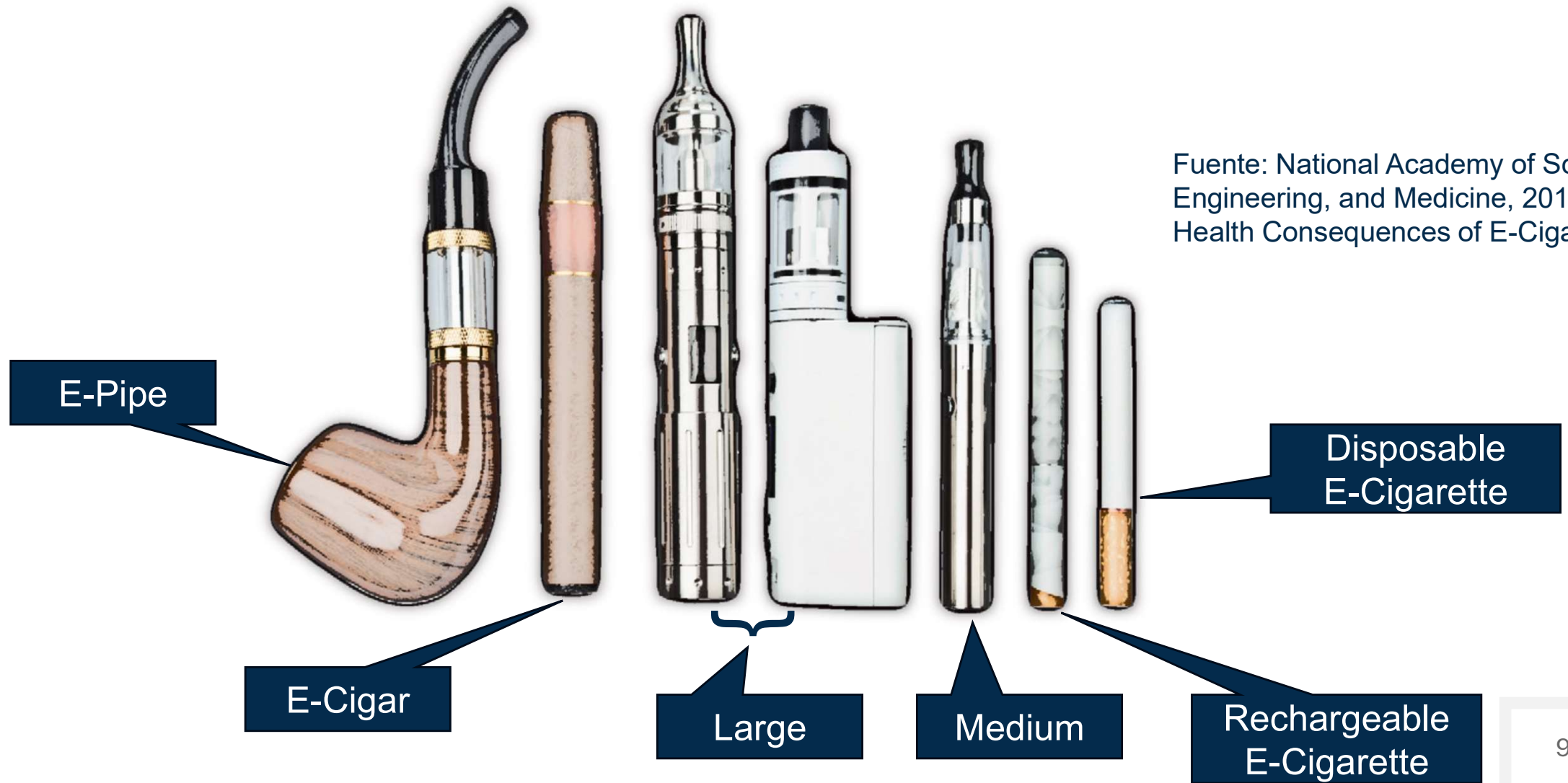
- E-Cigs
- E-Hookahs
- Mods
- Vape Pens
- Vapes
- Tank Systems
- Juuls or Juuling (after the Juul brand of vaping devices)







## Different types of vaping devices.





**What substances can be used in a vaping device?**



# What can be used in a vaping device?

- Vapes were originally marketed as an alternative to cigarettes (and used similar advertising), so many vapes contain nicotine.
- Vapes can also be used to consume **marijuana concentrates** and other cannabis-related products (THC, CBD, Delta-8) ...



Source: Business Insider, The New E-Cigarette Ads Look Exactly Like Old-School Cigarette Promos, 11/5/2013





## What can be used in a vaping device?

- Marijuana concentrates are increasingly being used in vaping devices. Many users prefer the vaping device because it is smokeless, sometimes odorless, and is easy to hide or conceal.
- The user takes a small amount of marijuana concentrate, referred to as a “dab,” then heats the substance using the vaping device to produce vapors that ensure an instant “high” effect for the user (“dabbing”).



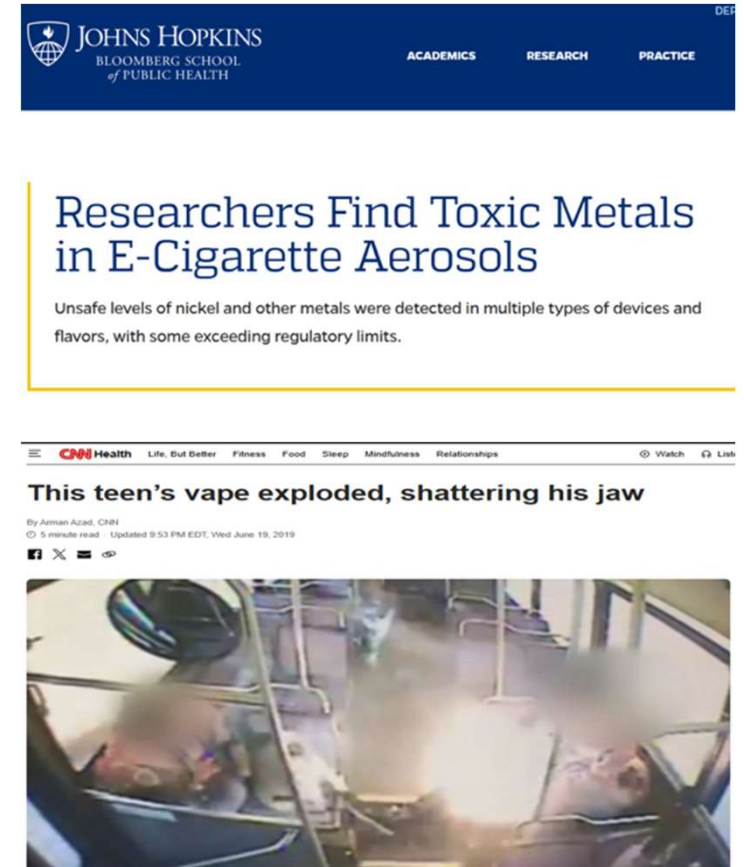


# The Risks of Vaping



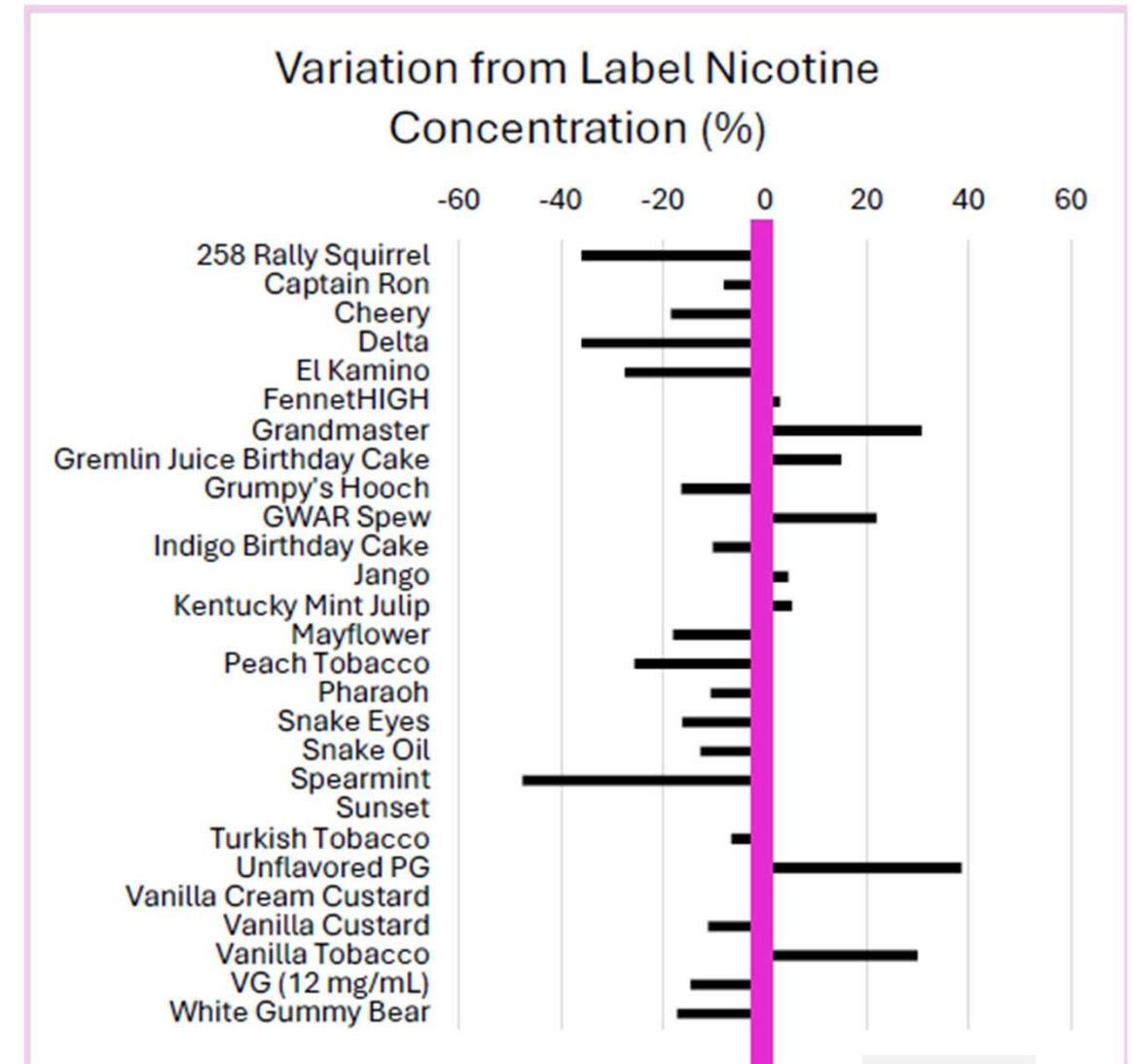
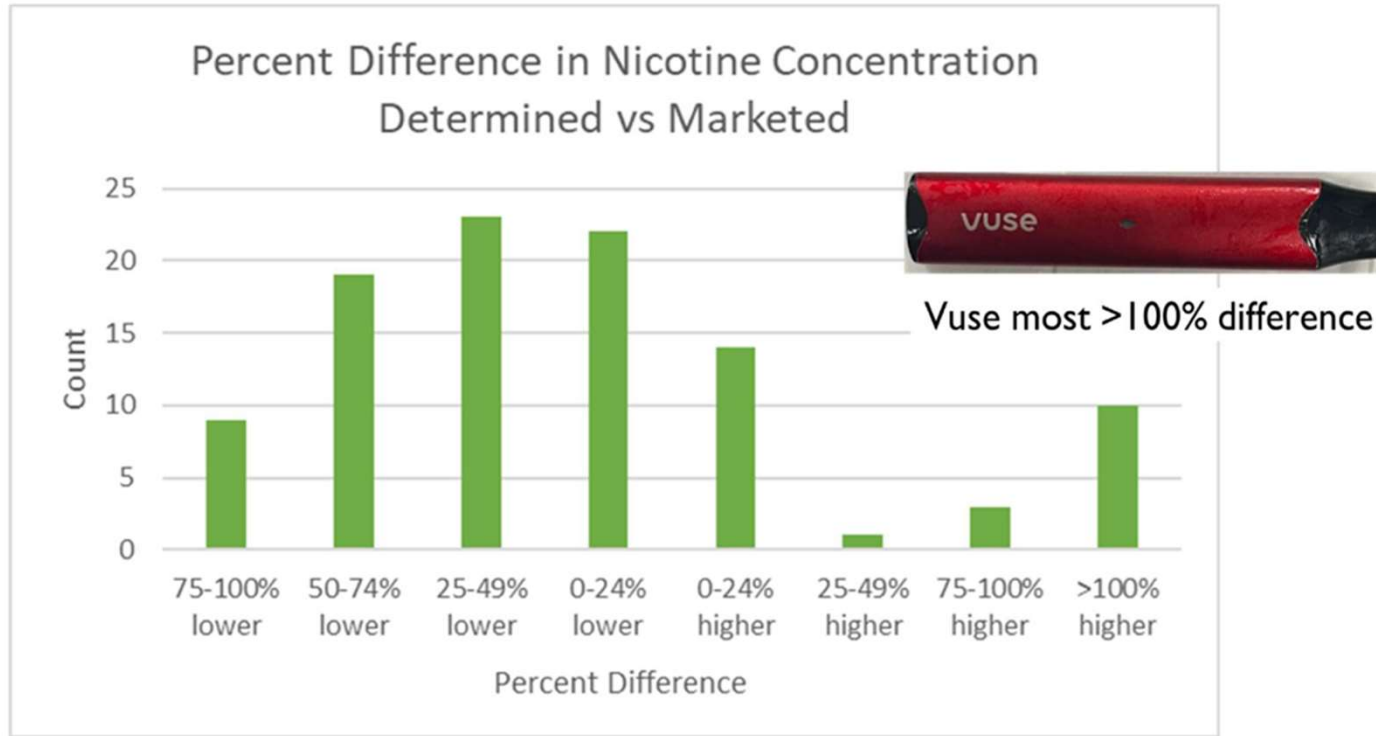
# The Risks of Vaping

- Vapes that do not contain nicotine, marijuana, or another substance that affects the brain can still be dangerous.
- A chemical -- vitamin E acetate -- has been connected to EVALI, which stands for E-cigarette or Vaping product use Associated Lung Injury, which can cause death.
- Researchers found toxic metals in vapes.
- More than 2,000 explosion and burn injuries resulted in visits to hospital emergency departments from 2015 to 2017.





# Mislabeling

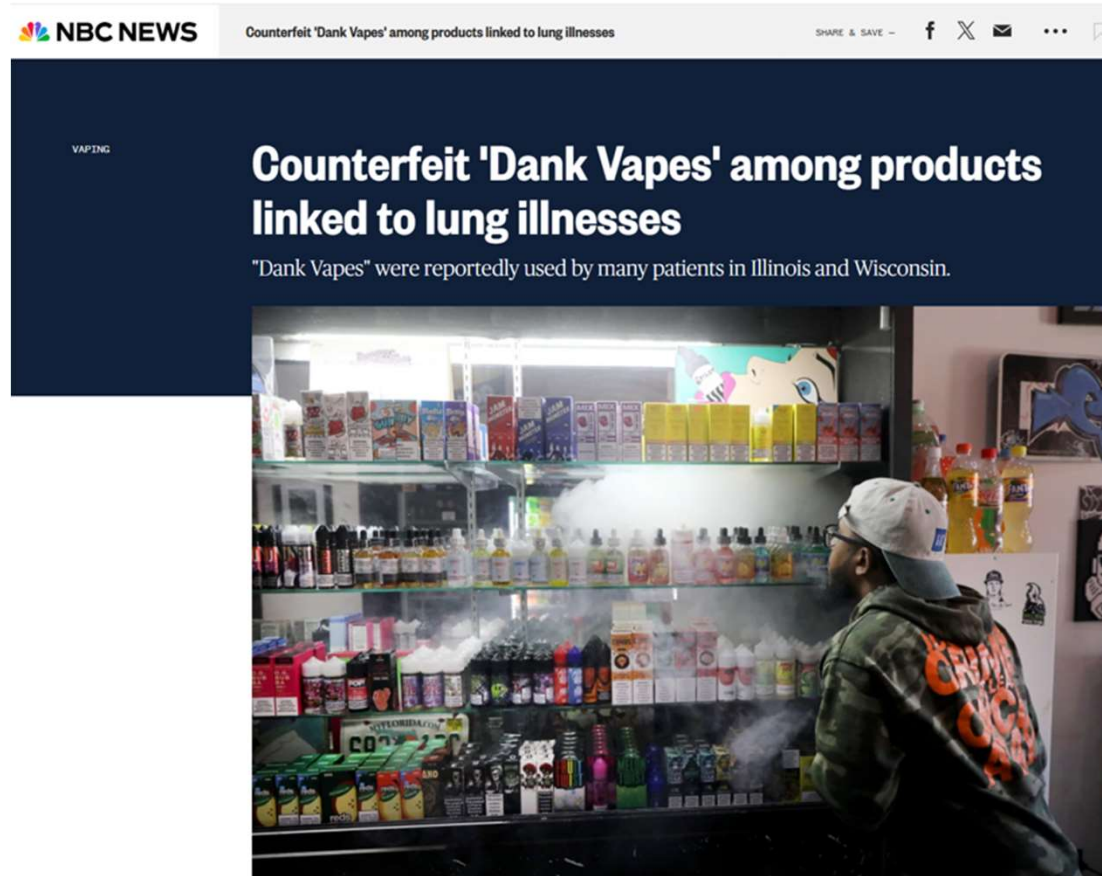


Source: Virginia Commonwealth University, 2025





# Many vapes are fake





# Signs that a Vape is Fake

- Strange particles in the product
- Packaging or labeling contains errors such as misspellings
- Products that have been tampered with
- Pricing that is unusually lower than usual
- Products that have been purchased from unauthorized retailers or third-party online marketplaces
- Products that are no longer available from the manufacturer or illegal in the jurisdiction where they are sold





# Effects of Plant Marijuana & Marijuana Concentrates

- To date, long-term effects of marijuana concentrate use are not yet fully known.
- Known effects of plant marijuana use include:
  - Paranoia; anxiety; panic attacks; hallucinations.
  - Increased heart rate and blood pressure.





# Contamination


- Some states that allow marijuana to be sold also screen for up to 66 pesticides, yet there are thousands of other unauthorized chemicals that growers or processors use.
- “When you concentrate your flower cannabis into a concentrate, most pesticides come over and concentrate during that same procedure.”
- Synthetically manufactured THC goes through a chemical process that leaves behind dangerous residues. About a quarter contain a corrosive, toxic chemical similar to sulfuric acid.



## Why are e-cigarettes so dangerous? The vapor you breathe may contain...



**Nicotine**



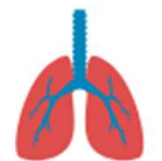
**Flavoring such as diacetyl**, a chemical linked to serious lung disease




**Cancer-causing chemicals**



**Volatile organic compounds**



**Ultrafine particles** that can be inhaled deep into the lungs



**Heavy metals** such as nickel, tin and lead



Source: [visithealtheoregon.org/vapingillness](https://www.visithealtheoregon.org/vapingillness)  
Oregon Health Authority



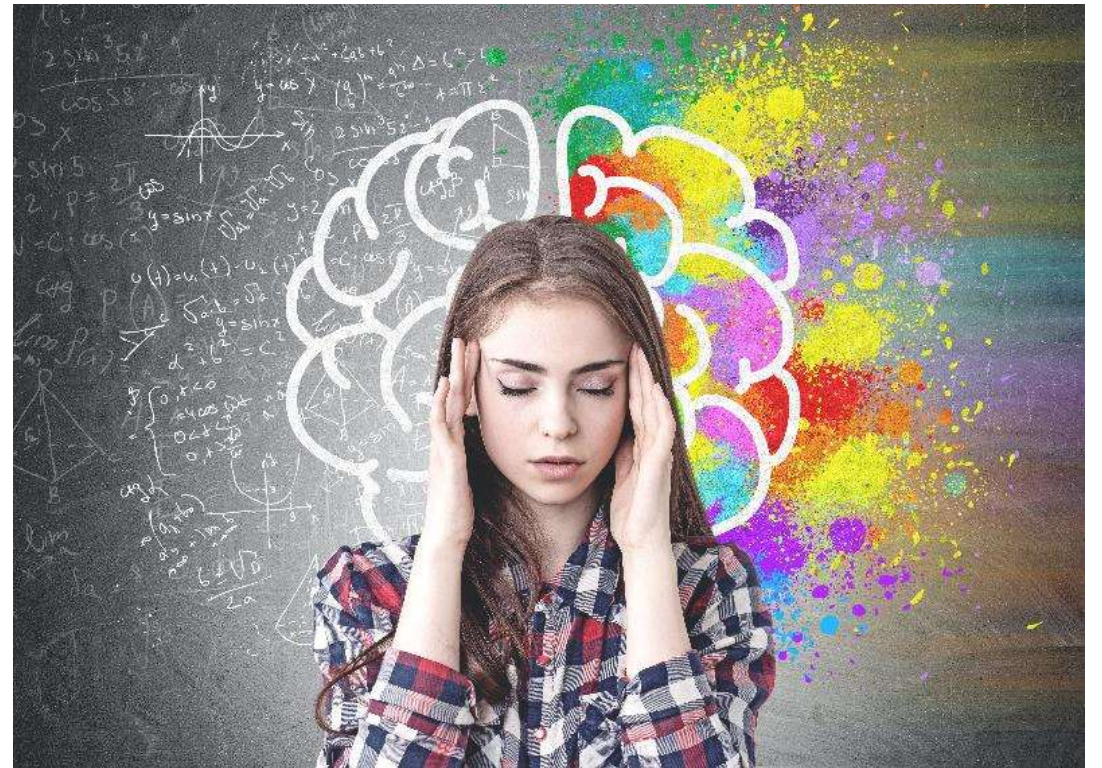
# Protect Yourself from Vaping





# How can you deal with stress in healthy ways?

- How do you address those moments of anxiety, depression, anger, etc.?
- What are ways to deal with hard situations that ARE NOT vaping?
- Do you have a trusted adult in your life? It can be an aunt, uncle, parent, teacher, mentor. Find someone you can confide in, it helps.
- Do you talk to your school counselor? They are a resource for you too.







# ADOPT PROTECTIVE FACTORS TO FACE CHALLENGES

## BEHAVIORAL CHALLENGES



Behavioral  
Problems



Conflicts with  
friends or family



Turning to drugs  
and alcohol



Physical  
activity



Emotional  
support



Social  
activities



Skill  
development



Proper  
nutrition



Adequate  
sleep

## LIFE CHALLENGES



Social  
media



Stress of  
studies



Anxiety and  
depression



**RESILIENCE**



# Protect Yourself from Vaping

- “This is Quitting” is a free, anonymous text message cessation service designed specifically for young people 13-24. This is Quitting is evidence-based, and was developed by Truth Initiative with input from young people who want to quit vaping.
- Connect with “This is Quitting” by texting “DITCHVAPE” to 88709.

YOU  
GOT  
THIS

YOU CAN QUIT VAPING. TEXT DITCHVAPE TO 887-09 FOR HELP.





# Talking about Vaping





## Friends can protect friends from vaping

- One way to keep a friend from using is by not using yourself. Young people are more likely to vape when their friends do.
- You can help a friend stop vaping if they want to.
- You can share your concern for a friend.





# Talking about Vaping

## You Matter

Your life and decisions affects others

## The Risks are Real

Vapes are risky and can lead to addiction

## What you can say

## Get Help

People who know how to help want you to be healthy. Seek and accept help.

## Give Help

Many things – from being a true friend to mentoring to getting involved in your community – can save lives.



# Ask open-ended questions

- Open-ended questions are questions that can't be answered with a simple “yes” or “no” or other short answer.
- Avoid “why” to prevent defensiveness.
- Examples:
  - "What do you think you will do?"
  - "What's the next step?"
  - “What do you think has to change?”
  - “What are your options?”
  - "Of the things we have mentioned here, what seems to make sense?"
  - "Tell me more about what you'd like to do."
  - "How do you think you want to handle this?"



# Use an “Information Sandwich”

- Ask before you share information / give advice
  - Invite to talk
  - Share your advice / information
  - Check back







## Use an “Information Sandwich”

“Can I share something I heard?”

“Vapes can contain chemicals that can be really harmful. The companies that make them want you to keep buying their product.”

“What do you think about that?”

**Invite to Talk**



**Provide Information**



**Check For Understanding**



**Show what you know  
about vaping**

The graphic features the words "QUIZ" and "SHOW" in a bold, 3D font. "QUIZ" is white with a blue outline, and "SHOW" is orange with a blue outline. Two large, 3D yellow stars are positioned on either side of the word "QUIZ". The background is a dark blue gradient with lighter blue rays emanating from behind the text, creating a spotlight effect.

# QUIZ SHOW



**“Vaping is considered safe.”**





**“Vaping is considered safe.”**



**FALSE** — Vaping is not considered safe for teens and young adults, especially since the adolescent brain is still developing and taking in these substances may be harmful. Additionally, some vape devices might explode, resulting in burns and other injuries.



**“It is just water vapor”**





**“It is just water vapor”**



**FALSE** — Most vaping devices contain and release a number of potentially toxic substances including metals, some of which have been linked to cell and DNA damage.





**“Vaping helps you quit smoking.”**





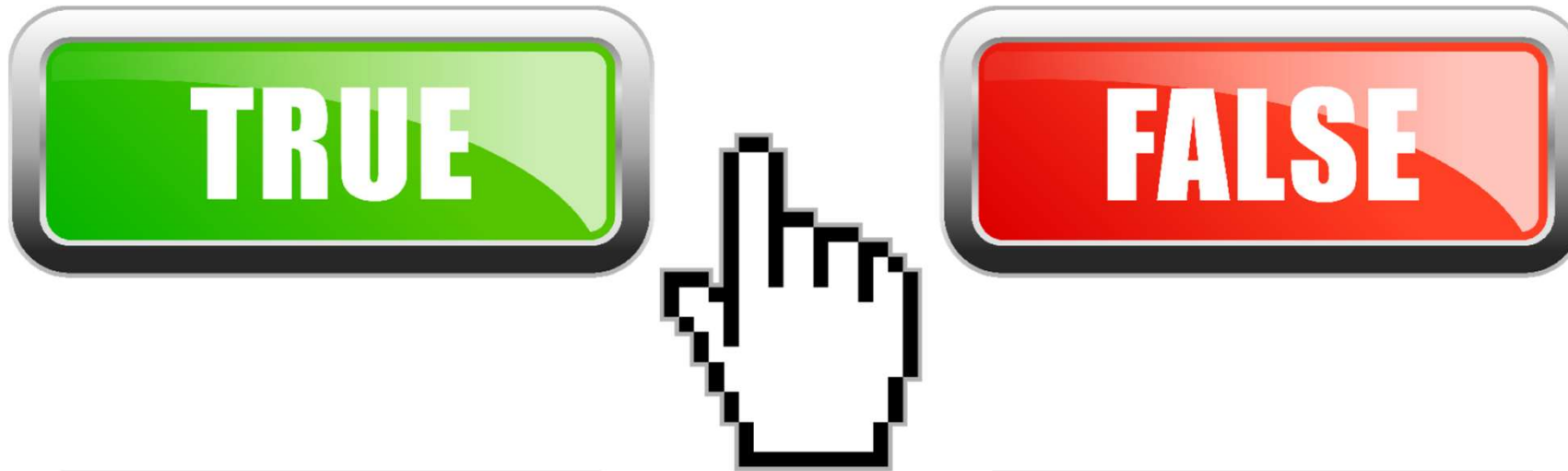
**“Vaping helps you quit smoking.”**



**TRUE & FALSE** — Although using e-cigarettes as a way to stop smoking may work for adults, young adults who had ever used e-cigarettes had seven times higher odds of becoming smokers one year later.



**“If it is sold in a store, it must be safe.”**





**“If it is sold in a store, it must be safe.”**



**FALSE** – The Food and Drug Administration has authorized 34 products, sold by three companies.

Between January 2024 and June 2024, the total number of e-cigarette products sold in the U.S. reached 6,287 products.

FDA also states that vaping is not safe for youth.



**“Vapes can be used to consume products other than nicotine or cannabis.”**





**“Vapes can be used to consume products other than nicotine or cannabis.”**



**TRUE** – A 2024 study found that vapes are used to consume opioids, cocaine, synthetic cannabinoids, cathinones (K2/Spice), hallucinogens, MDMA (Ecstasy) and methamphetamine.

Alcohol can also be vaped, which can lead to intoxication and harm.





**“Young people who vape are more likely to use other addictive substances.”**





**“Young people who vape more likely to use other addictive substances.”**



**TRUE** – A study by researchers at Columbia University Mailman School of Public Health of more than 50,000 U.S. adolescents indicates that vaping nicotine is strongly linked with an increased likelihood of high levels of binge drinking and cannabis usage.



**“Parents and caregivers can help protect their children from vaping.”**





**“Parents and caregivers can help protect their children from vaping.”**



**TRUE** – According to CDC, parents and caregivers can protect their children by modeling non-use of vaping devices; making their home tobacco-free; talking to their child about the risks of vaping and helping them quit if they start.




# Keep learning more ...

GET THE FACTS ABOUT DRUGS

## JUST THINK TWICE

[GET UPDATES](#)[GET INVOLVED](#)[GET HELP](#)

[Drug Info](#)[News & Media](#)[True Stories](#)[Consequences](#)[Facts & Stats](#)[Living Drug Free](#)[Menu](#)



Ohio High School Seniors Lead Substance Use Prevention Summit for Middle Schoolers

Nearly 100 middle school students participated in a crucial lesson on substance use, with instruction and mentorship provided by Ohio high school seniors from the Fairfield Prevention Coalition. The goal of the summit is to raise awareness among younger students about the dangers of substance use.

[WATCH NOW](#)

[www.justthinktwice.com](http://www.justthinktwice.com)





# **Additional Slides for Youth**



# My Vaping Mistake: How it affected by mental health

- [My Vaping Mistake: How it affected my mental health | AwesomenessTV](#)



# PSA

- [Persuasive Communication: Anti-Vaping PSAs | KNOW VAPE | PBS LearningMedia](#)



# Contact Us

## DEA Community Outreach & Prevention Support

Call us: 202.307.7936

Email us: [community.outreach@dea.gov](mailto:community.outreach@dea.gov)

Online: [www.dea.gov/education-prevention/community-outreach](http://www.dea.gov/education-prevention/community-outreach)

