

THE DANGERS OF VAPING

VAPES ARE BATTERY-OPERATED DEVICES FOR INHALING NICOTINE AND MARIJUANA.



WHAT ARE THE RISKS FOR YOUTH?

- Nicotine is highly addictive
- Nicotine exposure during adolescence can:
 - Harm brain development
 - Impact learning, memory, and attention
 - Increase symptoms of anxiety and depression
 - Increase risk for future addiction to other drugs

[CDC.gov/e-cigarettes](https://www.cdc.gov/e-cigarettes)

VAPE AEROSOL IS NOT HARMLESS

It can contain harmful substances, including:

- Nicotine
- Cancer-causing chemicals
- Volatile organic compounds
- Flavorings (diacetyl that have been linked to lung disease)
- Heavy metals such as nickel, tin, and lead

[CDC.gov/e-cigarettes](https://www.cdc.gov/e-cigarettes)

LINK BETWEEN VAPES AND DEPRESSION

- Vape users have double the odds of having a diagnosis of depression compared to those who have never vaped, and frequent vaping is tied to 2.4x of a diagnosis of depression.

2019 JAMA study of nearly 30,000 current vape users.

RESOURCES FOR QUITTING

Adolescent Addiction Recovery Center
248.377.8717

Clarity Counseling and Wellness
yourclaritycounseling.com | 586.701.2997

River's Bend, P.C.
riversbendpc.com
248.585.3239

National Help Quit Line 800-QUIT-NOW

MyLifeMyQuit.org
Text STARTMYQUIT to 36072

Truth Initiative
truthinitiative.org/exprogram
Text DITCHVAPE to 88709

National Institute of Health
teen.smokefree.gov/quit-vaping

Face Addiction Now
faceaddictionnow.org



FamilyCenterHelps.org



THE DANGERS OF MARIJUANA

APPROXIMATELY 1 IN 10 MARIJUANA USERS BECOME ADDICTED. FOR THOSE WHO START BEFORE AGE 18, THE ADDICTION RATE RISES TO 1 IN 6.
SAMSHA.GOV



WHAT ARE THE RISKS FOR YOUTH?

- Using marijuana at an early age impacts the brain's gray matter, including less connections in the areas of the brain responsible for alertness, learning, and memory
- Imaging tests have found that teens who use marijuana have fewer connections in parts of the brain associated with alertness, learning, and memory

webmd.com/mental-health/addiction/marijuana-use-and-its-effects

PHYSICAL IMPACTS OF MARIJUANA

Marijuana has a variety of physical impacts on the body

- Smoking marijuana irritates and inflames the lungs
- Makes your heart beat faster and work harder
- Periodontal gum disease
- May raise the risk of cancer in your lungs

lung.org/quit-smoking/smoking-facts/health-effects/marijuana-and-lung-health

MARIJUANA AND MENTAL HEALTH

- A report that assessed over 1000 studies found that frequent marijuana use and smoking at a younger age are risk factors for psychosis
- Marijuana use has been found to be associated with major depressive disorder, suicidal ideation and increased feelings of anxiety

childmind.org/article/marijuana-and-psychosis/

health.clevelandclinic.org/can-marijuana-help-your-mental-health

INCREASED POTENCY

- The potency of THC levels in marijuana has risen to approximately 3 times as the potency level was 25 years ago
- The higher the concentration of THC there is in marijuana, the greater the impacts on the brain and body. Increased THC levels are also likely to increase rates of addiction.

samhsa.gov/substance-use/learn/marijuana/risks

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National Help Quit Line
800-QUIT-NOW

SAMHSA's National Helpline
1-800-662-HELP (4357)



FamilyCenterHelps.org

