

HEY PARENTS,  
DO YOU KNOW  
WHAT THIS IS?

YOUR CHILD  
PROBABLY DOES.

CHECK OUT OUR *BE EPIC*,  
*ESCAPE THE VAPE* 3-PART  
VIDEO SERIES FOR PARENTS

[extension.usu.edu/be-epic/parents](https://extension.usu.edu/be-epic/parents)



PARENT AWARENESS:

WHAT EXACTLY ARE  
*E-CIGARETTES*?

[Click here to view PART 1](#)



PARENT INVOLVEMENT:

HOW CAN I HELP *PREVENT*  
MY YOUTH FROM USING  
*E-CIGARETTES*?

[Click here to view PART 3](#)

PARENT PERCEPTION:

WHAT ARE THE  
*HARMS OF YOUTH E-*  
*CIGARETTES USE*?

[Click here to view PART 2](#)



**Text:** Parents and guardians of youth! Children as young as early elementary age are being exposed to e-cigarettes through ads on social media (YouTube, TikTok), peers, older family members, friends, etc. We want to help caregivers stay up to date on the dangers of youth e-cigarette use and share evidence-based strategies for helping you talk to, and prevent your kids from using them. Check out our three-part video series for parents/guardians and start the conversation with your kids today. Find the links for all three videos in the slides below, and on our website: [extension.usu.edu/be-epic/parents](https://extension.usu.edu/be-epic/parents)



**KIDS WHO FEEL VALUED**



**ARE LESS LIKELY TO USE SUBSTANCES  
LIKE E-CIGARETTES**

**Text:** Youth who feel engaged and supported in their families are at a lower risk of using e-cigarettes and other substances. What types of activities do you enjoy doing that strengthen relationships with the youth in your life? Share ideas in the comments below!! Check out this article for more ideas on strengthening attachments with your children and teens:  
[extension.usu.edu/relationships/faq/how-to-parent-a-teenager-with-patience-and-love](https://extension.usu.edu/relationships/faq/how-to-parent-a-teenager-with-patience-and-love)



**BE EPIC**  
ESCAPE *the* VAPE

# BE ON THE LOOKOUT!



The number of different  
vaping products quadrupled  
from 453 to 2,023 between  
June 2021 and June 2022.

Find resources at:  
[extension.usu.edu/be-epic/](https://extension.usu.edu/be-epic/)

**Text:** It can be hard to keep up with the many harms facing youth. The e-cigarette market is rapidly changing and growing, with more products being added constantly. Talking to the children in your life about the dangers of youth vaping is critical. Be Epic wants to help caregivers feel comfortable starting important conversations with their youth. Find up-to-date resources and help on our website: [extension.usu.edu/be-epic/](https://extension.usu.edu/be-epic/)



Extension  
UtahStateUniversity



Truth Initiative. (2023, May, 5). More e-cigarettes are entering the market, with increasingly high concentrations of nicotine. [truthinitiative.org/research-resources/emerging-tobacco-products/more-e-cigarettes-are-entering-market-increasingly](https://truthinitiative.org/research-resources/emerging-tobacco-products/more-e-cigarettes-are-entering-market-increasingly)



Extension  
UtahStateUniversity



Nicotine can intensify feelings of stress



Parents, talk to your youth today  
about the negative impact of vaping  
on youth mental health

**Text:** Most e-cigarettes contain nicotine, and nicotine can play a role in increasing feelings of stress in youth. Nicotine is especially harmful to adolescent brains, which continue developing into the mid-20s. Talk to your youth today about the mental health risks of youth vaping. Learn more and find local resources, here: [extension.usu.edu/be-epic/](https://extension.usu.edu/be-epic/)

# OVER 87%

OF YOUTH IN CARBON, EMERY,  
AND GRAND COUNTIES

## CHOOSE NOT TO USE E-CIGARETTES



**MAYBE FOLLOWING  
THE MAJORITY IS  
THE BEST CHOICE  
AFTER ALL.**

**Text:** Let's examine the bright side: As youth become more aware of the negative effects of nicotine and other harmful ingredients found in e-cigarettes, they are better equipped to make informed decisions about vaping. While it's true that rates of youth vaping increased significantly since they were introduced to the US market, the good news is that most young people choose NOT to use e-cigarettes. Find resources for youth at: <https://extension.usu.edu/be-epic/youth>

# Cannabis use in adolescence is associated with an increased risk of later developing psychosis such as schizophrenia.



**BE EPIC**  
ESCAPE *the* VAPE



FIND SUPORT AND  
RESOURCES FOR  
TALKING TO YOUTH  
ABOUT VAPING AT:  
[extension.usu.edu/be-epic/](https://extension.usu.edu/be-epic/)

**Text:** Vaping marijuana is not harmless for adolescents. Vaping THC in adolescence has been associated with many negative impacts including developing psychosis, such as paranoia or schizophrenia in young adulthood. The risk of developing psychosis is increased as the level of THC in a substance is increased. High-THC oil in a vape pen can contain anywhere from 15-99% THC. That is up to 20 times more potent than the 2-5% THC concentration of marijuana from the 70's and 80's! Learn more at: [extension.usu.edu/be-epic/](https://extension.usu.edu/be-epic/)

Marconi, A., Di Forti, M., Lewis, C. M., Murray, R. M., & Vassos, E. (2016). Meta-analysis of the association between the level of cannabis use and risk of psychosis. *Schizophrenia bulletin*, 42(5), 1262-1269.

# 5 WAYS TO SAY

# "NO" TO VAPING

NO THANKS

THAT'S NOT  
REALLY MY  
THING

LET'S GO PLAY  
VIDEO GAMES  
INSTEAD!

I DON'T  
VAPE

I DON'T  
WANT TO GET  
KICKED OFF  
THE TEAM

ROLE PLAYING HOW TO  
AVOID AND REFUSE VAPES  
WITH YOUR KIDS CAN HELP  
THEM BE PREPARED FOR  
REAL LIFE SITUATIONS.

**Text:** Practicing real-life situations with youth before they arise can help them be more confident in achieving their goals. Talking to them about e-cigarettes and how to avoid and refuse them can help youth know what to do when uncomfortable situations arise. Make sure youth know WHY they should refuse e-cigarettes, WHAT your expectations are as a parent, and HOW they can say no. For more ideas and resources for caregivers, check out our website: [extension.usu.edu/be-epic/](https://extension.usu.edu/be-epic/)



**BE EPIC**  
ESCAPE the VAPE

Kelder, S. H., Mantey, D. S., Van Dusen, D., Case, K., Haas, A., & Springer, A. E. (2020). A middle school program to prevent e-cigarette use: a pilot study of "CATCH My Breath". *Public Health Reports*, 135(2), 220-229.

# TRUE OR FALSE?

## Secondhand vaping is harmful

**TRUE**

**FALSE**

**TOXINS FROM E-CIGARETTE AEROSOLS LINGER IN A ROOM AND EXPOSE NON-USERS TO HARMFUL ULTRAFINE PARTICLES, NICOTINE, AND CARCINOGENS.**



**BE EPIC**  
**ESCAPE the VAPE**

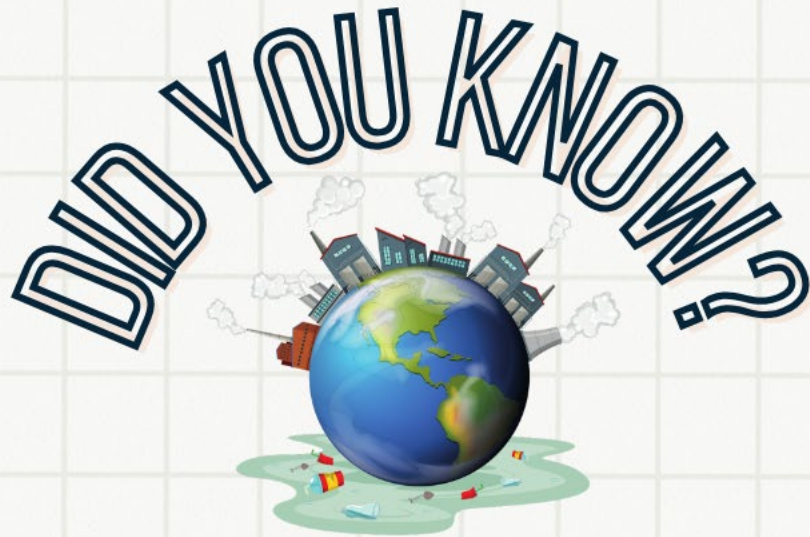
Find resources at:

[extension.usu.edu/be-epic/](https://extension.usu.edu/be-epic/)

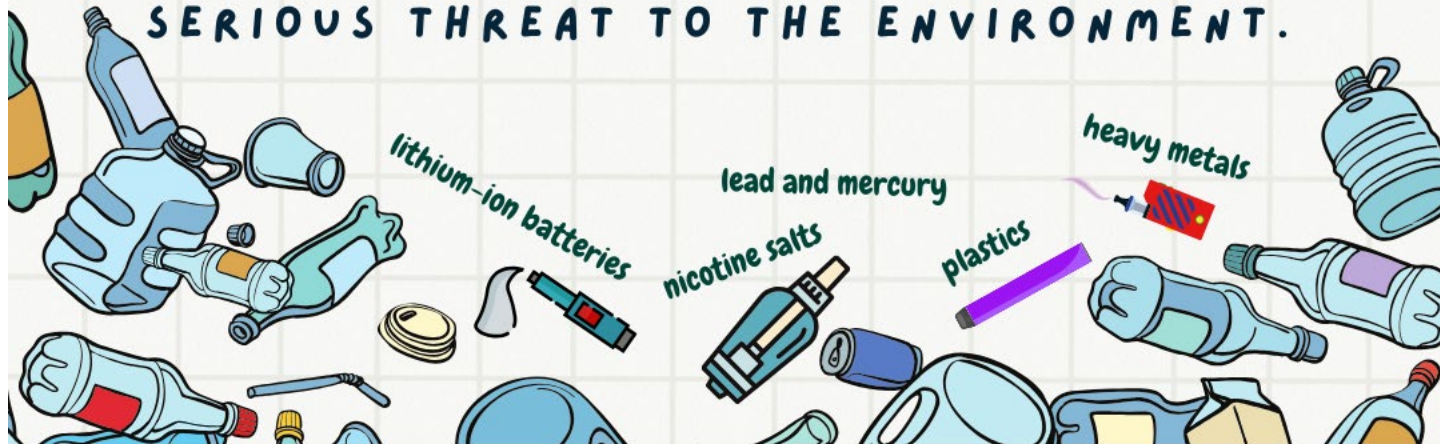
In secondhand vape, scientists smell risk. (2023, January 24). [www.heart.org](https://www.heart.org).  
<https://www.heart.org/en/news/2022/05/31/in-secondhand-vape-scientists-smell-risk>

**Text:** The Be Epic team is often asked by parents and guardians if secondhand vaping is as dangerous as secondhand smoking. In short, there is always risk when inhaling particles into the lungs, and limiting youth exposure to harmful chemicals is best. Learn more: [extension.usu.edu/be-epic/research/vaping-and-youth-how-parents-can-be-involved](https://extension.usu.edu/be-epic/research/vaping-and-youth-how-parents-can-be-involved)





THE SAME TOXINS IN E-CIGARETTES THAT  
WILL MAKE YOU SICK ALSO POSE A  
SERIOUS THREAT TO THE ENVIRONMENT.



**Text:** Youth, did you know most e-cigarettes aren't disposed of properly, leading to significant environmental threats? Find out more information for youth and teens at: [extension.usu.edu/be-epic/research/the-truths-behind-vaping-information-for-youth-and-teens](https://extension.usu.edu/be-epic/research/the-truths-behind-vaping-information-for-youth-and-teens)