

## **Dangerous Trend: What parents need to know about JUULing!**



What is “Juuling?” “Juuling” is the same thing as “vaping”, using an electronic cigarette (e-cigarette) or other device. It is referred to as vaping because tiny puffs or clouds of vapor are produced when using the devices. Many youth often believe that the liquid used in vaping only contains water and flavoring and are unaware that it contains nicotine. Juul is a brand name of a device used for vaping that is very popular with teens. It is so popular that teens have turned Juul into a verb, thus the term “juuling.” The device itself resembles a flash drive, something that students may have in their possession at any given time and not raise any suspicion at all. The devices have a sleek, high-tech design and are easily concealable.

There is a rise of Juuling in schools. Tasting like fruit or mint, these devices produce little of the vapor plume of traditional vaping, making it possible for some students to be Juuling even in class or with their heads in their locker. Students can pin them on to their shirt collar or another piece of clothing and use the device very inconspicuously.

Right now, with many teens there is an attitude that it's "not a big deal" and even some parental approval of the use of these devices. E-cigarettes have been touted by their makers and some public health experts as devices to help adult smokers kick the habit. However, studies have shown that vaping/Juuling is leading more high school students to smoking. E-cigarettes are too new for researchers to understand the long-term health effects, making today's youth what public health experts call a “guinea pig generation.” The fact is that nicotine is highly addictive, the pods in vaping devices have a higher concentration of nicotine than do individual cigarettes, and a growing body of research indicates that vaping is leading more adolescents to try cigarettes.

E-cigarettes deliver nicotine through a liquid that is heated into vapor and inhaled, cutting out the cancer-causing tar of combustible cigarettes. The liquid comes in flavors that are attractive

to teens and often leads to the assumption that it is not harmful. However, vaping liquids contain additives such as propylene glycol and glycerol that can form carcinogenic compounds when they are heated. Diacetyl, a chemical used to flavor some vape “juice,” has been linked to so-called popcorn lung, the scarring and obstruction of the lungs’ smallest airways. A study published in the journal Pediatrics in March of 2018 found substantially increased levels of five carcinogenic compounds in the urine of teenagers who vape.

Parents are advised to be aware of these devices and talk to their children about vaping/Juuling. It is a health risk and is not a safe alternative to smoking. Both students and parents should be aware that having these devices, having the liquid, or using an e-cigarette or Juul will be treated in the same manner as having any other tobacco product in school.

**For more information:**

[https://drugfree.org/learn/drug-and-alcohol-news/schools-confront-sudden-increase-easily-concealed-vaping-devices/?utm\\_source=pns&utm\\_medium=email&utm\\_campaign=schools-confront-sudden-increase-easily-concealed-vaping-devices](https://drugfree.org/learn/drug-and-alcohol-news/schools-confront-sudden-increase-easily-concealed-vaping-devices/?utm_source=pns&utm_medium=email&utm_campaign=schools-confront-sudden-increase-easily-concealed-vaping-devices)

[https://drugfree.org/learn/drug-and-alcohol-news/schools-confront-sudden-increase-easily-concealed-vaping-devices/?utm\\_source=pns&utm\\_medium=email&utm\\_campaign=schools-confront-sudden-increase-easily-concealed-vaping-devices](https://drugfree.org/learn/drug-and-alcohol-news/schools-confront-sudden-increase-easily-concealed-vaping-devices/?utm_source=pns&utm_medium=email&utm_campaign=schools-confront-sudden-increase-easily-concealed-vaping-devices)

<https://www.sciencenewsforstudents.org/article/vaping-can-lead-teen-smoking-new-study-finds>

<https://www.nytimes.com/2018/04/02/health/vaping-ecigarettes-addiction-teen.html>

<https://www.center4research.org/the-dangers-of-juuling/>

<https://e-cigarettes.surgeongeneral.gov/>