

## How to Get Help

If you know someone has issues with continued substance use, seek professional help. A doctor can screen for signs of drug use and related health conditions and suggest possible next steps. Other more immediate resources include: **988 Florida Suicide & Crisis Lifeline**

Call, text, or chat 988 to be connected to trained counselors who will listen, provide support, and connect you to additional resources if necessary.

[MYFLFAMILIES.COM/SUICIDEPREVENTION](https://myflfamilies.com/suicideprevention)

### CORE Network

A long-term substance use disorder recovery program designed to establish a coordinated system of care for those seeking treatment for substance use disorder.

[FLCORENETWORK.COM](https://flcorenetwork.com)

### ISave Florida

Drug overdose is a nationwide epidemic and an increasing number of Floridians are losing their lives to overdose - you can help save a life with naloxone.

[ISAVEFL.COM](https://isavefl.com)

### Local Services

If you or someone you know is in need of substance abuse and/or mental health services, our local managing entities can help you locate available programs.

[MYFLFAMILIES.COM/SAMH-GET-HELP](https://myflfamilies.com/samh-get-help)

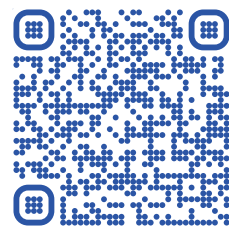
If your friend has passed out or is not responding after using drugs, **call 911 immediately.**

### Know the signs of an overdose:

- Very sleepy
- Small pupils
- Changes in the appearance of their skin
- Trouble breathing
- Nausea and vomiting
- Increased heart rate
- Chest pains
- Headache
- Dizziness
- Seizure
- Aggressive behavior
- Increased anxiety & depression
- Paranoid thoughts

**The Facts. Your Future.** is a multifaceted initiative led by Florida's First Lady Casey DeSantis to heighten youth understanding of the dangerous and life-altering effects of substance use.

Get more facts about **Vaping**  
[TheFactsYourFuture.org](https://thefactsyourfuture.org)



# VAPING

## Get the facts about drugs

TYPE : **Stimulant (Nicotine)**



# THE FACTS. YOUR FUTURE.

## Vaping Facts

### OVERVIEW

Why be a guinea pig? We already know that there are harmful substances found in e-liquid or "juice." Even more are created when the liquid – which is NOT water vapor – is heated and inhaled.

According to the U.S. Surgeon General, these are some of the dangerous compounds found in e-cigarettes that can all cause damage to the lungs:

- Formaldehyde, a toxic chemical linked to both lung and heart diseases.
- Acrolein, a chemical that can damage lungs and is used as a weed killer.
- Heavy metals, such as nickel, tin, and lead, that can cause poisoning and accumulate in the body.
- Diacetyl, a food additive linked to the disease known as "popcorn lung."

### WHAT IT LOOKS LIKE

Vape pens and e-cigarettes come in various shapes and sizes. Some look like regular cigarettes, while others are discreet. The vape, or e-liquid, comes in small bottles or cartridges and can be found in many different flavors.

### DANGERS OF VAPING

The effects of vaping can vary depending on the contents of the vape juice or e-liquid. With vapes that contain nicotine, users may experience:

- Buzzed feeling and higher heart rate
- Elevated blood pressure
- Headache with dizziness
- Coughing and lung discomfort

It is possible to consume too much nicotine through vaping, or through skin contact/ingestion of e-liquid.

Symptoms of nicotine poisoning:

- Nausea, vomiting, and diarrhea
- Headache and dizziness
- Abdominal pain
- Weakness
- Confusion
- Seizures
- Death

**COMMON NAMES:** There aren't specific street names for vaping, but people might refer to it as "vaping," "using a vape pen," or "hitting a Juul" (a popular brand of e-cigarettes).

Nicotine is one of the most addictive drugs. Using nicotine while you are young makes it much harder to quit later in life and harms the development of your brain.



### HOW TO HELP A FRIEND

It's likely someone you know has considered using drugs or is using. Talking to them could save their life. This isn't a one-size fits all conversation, but here are some tips that may help you get started:

#### Before You Talk

• **DO SOME HOMEWORK.** Take a few minutes to learn about the effects of drug and alcohol use.

• **RIGHT TIME, RIGHT PLACE.** Make sure you have enough time to talk. Choose a place where you both feel comfortable and without a lot of distractions.

• **WRITE IT OUT.** Having conversations like this can be hard. Taking a few minutes ahead of time to think through and even write out what you're going to say can make a huge difference.



#### Starting the Conversation

• **KEEP IT SIMPLE.** Make it a conversation, not a lecture.

*"You've got a lot going on right now and I want you to know I'm here for you."*

• **REALLY LISTEN.** Really listening means trying to understand what your friend is going through so you can better support them.

*"You've been going through a lot lately. And it sounds like the only way you've been able to deal with all the pressure you're under has been using. Did I get that right?"*

• **OFFER SUPPORT.** Let your friend know you're there for them. Ask them what they think they should do and what help they might be open to.

*"Should we talk to your parent or someone else you trust? I know that might seem scary, but I can go with you, if it helps."*

It's always a good idea to reach out to a parent, guardian, teacher, or other trusted adult if you have more questions or need to talk.

The aerosol from vaping damages your teeth and mouth, leading to more bacteria in the mouth, causing bad breath, tooth decay, cavities, and gum diseases.

**THE  
FACTS.  
YOUR  
FUTURE.**