

## How to Get Help

If you know someone has issues with continued opioid or drug 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:

### 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](http://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](http://ISAVEFL.COM)

### 988 Florida 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.

[988LIFELINE.ORG](http://988LIFELINE.ORG)

### 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](http://MYFLFAMILIES.COM/SAMH-GET-HELP)

## Addressing Prevention With Youth

### Listen

A young person may come to you for advice, or you may notice concerning changes in behavior. Refrain from judgment. Listen, and try to learn more about what's going on.

### Talk early and often

Regular conversations about the risks of opioids and other substances can help. Have a prevention plan, and address substance use in different ways throughout the year.

### Start with the facts

Discuss the mental and physical health impacts of drugs. Focus on the harm drug use can do to academics and relationships.

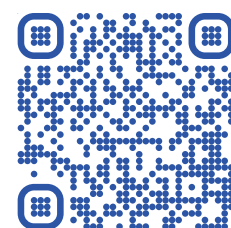
### Practice

Consider taking time to role play various scenarios about coping with stress, what to do if a friend offers you opioids or other drugs, or what to do if a friend needs help.

**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 drug use.

Get more facts  
about **Vaping**

[TheFactsYourFuture.org](http://TheFactsYourFuture.org)



Facts for Florida Instructors

# VAPING

**TYPE : Stimulant  
(Nicotine)**

**Just say no,  
and here's why...**

# THE FACTS. YOUR FUTURE.

## Vaping Facts

### OVERVIEW

Vaping is the act of inhaling a vapor that comes from an electronic device called an e-cigarette or vape pen. These devices heat up a liquid, called vape juice or e-liquid, which often contains nicotine, the addictive chemical in tobacco. Vaping can also be used to consume marijuana. Vaping has become more popular over the years, especially among adolescents.

### APPEARANCE

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

### HOW IT'S USED

Vaping can be abused when people, especially teens, use it frequently or consume liquids with high levels of nicotine or other harmful substances. Even though vaping is sometimes considered a safer alternative to smoking cigarettes, it still has risks, especially for teens, whose brains are still developing.



While scientists are working to better understand the dangers of vaping, we already know that there are harmful substances found in e-liquid or "juice," and even more are created when the liquid – which is NOT water vapor – is heated and inhaled.

### MIND & BODY EFFECTS

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 a buzz, higher heart rate, and raised blood pressure. Some people may also feel a headache with dizziness, coughing, and lung discomfort. The long-term effects of vaping are not yet fully understood, but nicotine is highly addictive and can negatively impact brain development in adolescents.

Although uncommon, vaping overdoses do occur. It is possible to consume too much nicotine through vaping, or through skin contact/ingestion of e-liquid. Mild symptoms of nicotine poisoning include nausea, headache, and dizziness, as well as possible vomiting and diarrhea. More severe cases may result in abdominal pain, weakness, confusion, seizures, and death. If someone shows these signs after vaping, it's important to seek medical help immediately.

### COMMON NAMES

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



According to the U.S. Surgeon General, some of the dangerous compounds found in e-cigarettes include diacetyl, formaldehyde, acrolein and heavy metals.

Using nicotine early in life makes it much harder to quit later and harms the development of the brain.

**THE  
FACTS.  
YOUR  
FUTURE.**