

LGBTQ+ Youth & Vaping

Prevention & Support for Our Families and Communities

National LGBT Cancer Network &
Parents Against Vaping e-cigarettes





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Speakers



Parents Against Vaping e-cigs (PAVe)

PAVe is a national advocacy and education nonprofit powered by parent volunteers fighting the youth vaping epidemic and the predatory practices of Big Tobacco. We support ending the sale of all flavored e-cigarettes, and all menthol and flavored tobacco products.

Origin story: Big Tobacco (and Juul) Messed With The Wrong Moms.



National LGBT Cancer Network

We work to improve the lives of LGBT cancer survivors and those at risk by:

- **EDUCATING** the LGBT community about our increased cancer risks and the importance of screening and early detection;
- **TRAINING** health care providers to offer more culturally-competent, safe and welcoming care; and
- **ADVOCATING** for LGBT survivors in mainstream cancer organizations, the media and research.



Out Proud Free

We bring awareness to the impact of tobacco and nicotine on the LGBTQ+ community by:

- Providing education and trainings
- Collecting stories from LGBTQ+ people
- Creating LGBTQ+ materials
- Collaborating on policies across the country



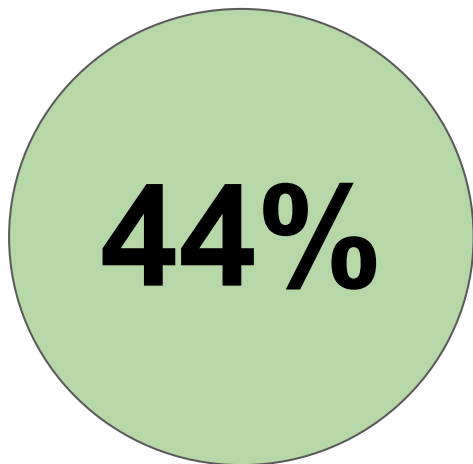
PAVe Volunteer highlight: Kye Nordfelt



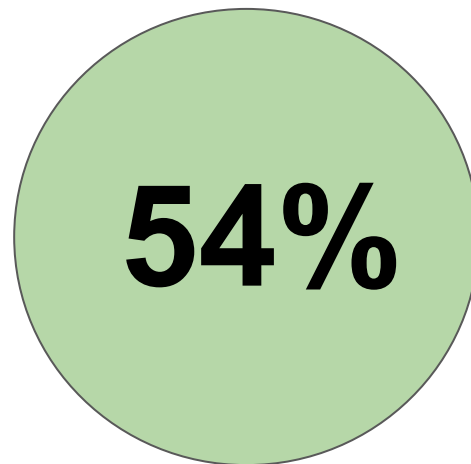
“Are vaping rates higher among LGBTQ+ kids? Is there data to show this?”



Had Ever Tried Vaping



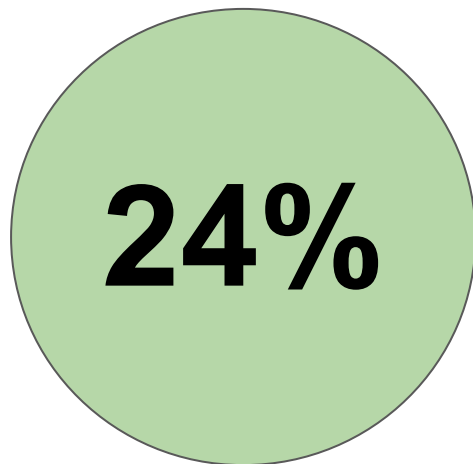
Heterosexual Youth



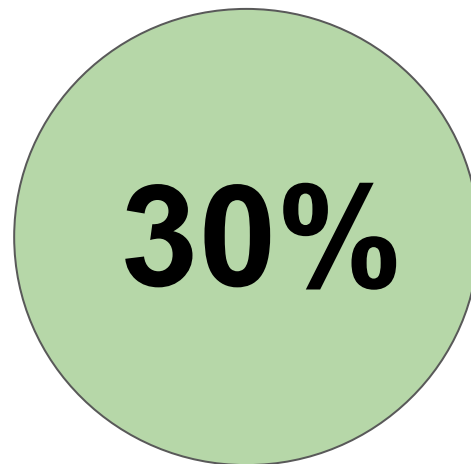
LGB Youth



Currently Vape



Heterosexual Youth



LGB Youth



Disparities

- Bisexual and lesbian girls
 - Ever tried: 60%
 - Currently use: 32%



Disparities

- Trans youth
 - 3x more likely to vape
- Trans youth of color
 - Black youth
 - Asian youth

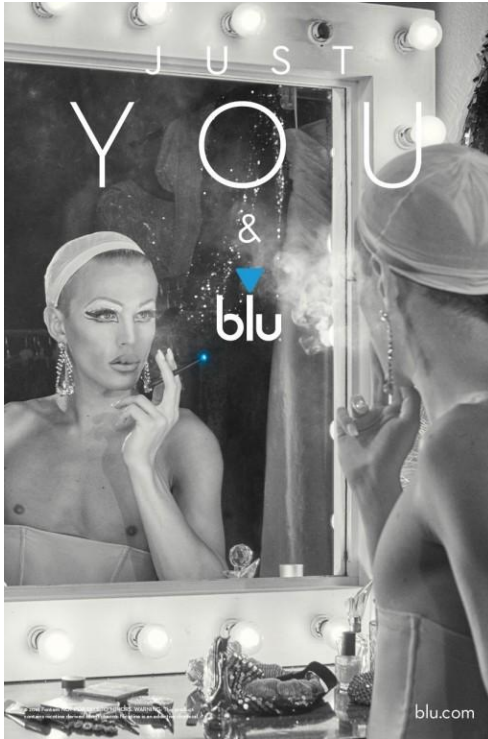


“Do stressors that come with LGBTQ+ identity contribute to more vaping?”

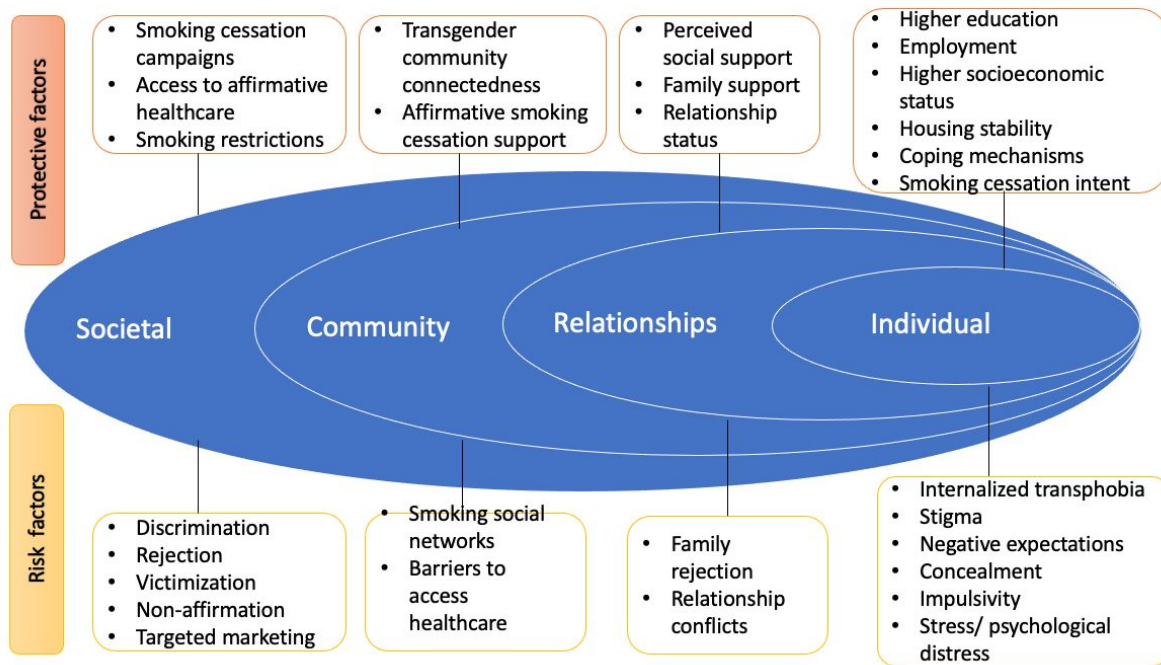
“Do LGBTQ+ youth feel more pressure to vape?”



LGBTQ+ YOUTH AND VAPING: PREVENTION AND SUPPORT FOR OUR FAMILIES AND COMMUNITIES



LGBTQ+ YOUTH AND VAPING: PREVENTION AND SUPPORT FOR OUR FAMILIES AND COMMUNITIES



(Tan et al., 2021)

Protective Factors

- Promoting mental health and well-being
- Parental monitoring
 - Open parent-child communication
 - Rule-setting
- Future orientation



**“Can you tell if someone has been vaping?
How do I know if my child is doing it?”**



Would I know if my child were vaping?

Signs of vaping

- Frequent excuses to use the restroom or go outside
- A sweet smell. Candles or room freshener to disguise
- Unusual items: colorful plastic caps, USB drives, small highlighters or pens
- Changes in social behavior: new friend groups, changes in grades



Would I know if my child were vaping?

Signs of vaping

- Secretive attitude, closed door
- Changes in sleeping patterns
- Heightened caffeine sensitivity, jitteriness
- Anxiety, irritability, mood swings, anger
- Unknown spending or deliveries

Would I know if my child were vaping?

Signs of vaping

- Raspy cough, lung infections, chest pain, shortness of breath, pneumonia
- Changes in eating habits, nausea, gastrointestinal issues, weight loss ("nic sick")
- Dry mucous membranes: drinking more, craving more salt or spice, nosebleeds, mouth sores

LGBTQ+ YOUTH AND VAPING: PREVENTION AND SUPPORT FOR OUR FAMILIES AND COMMUNITIES

Pod-based



Refillables & liquids



Disposables



“Isn’t vaping safer than smoking?”

“Is it really that bad?”



Formaldehyde. Toluene Polycyclic aromatic hydrocarbons
Strontium Crotonaldehyde Barium Rubidium Cadmium. Silver
Propylene glycol. Benzo(b)fluoranthene Selenium
Acetaldehyde Iron Copper. Acetone. Zirconium
Cobalt. Tin Nicotine. Vanadium Sulfur
Aluminum Manganese Xylene Silicon Chrysene
NNN + NNK Lead. Valeric acid Naphthalene.
Nickel. Potassium Nitrosamines Chromium
Benzo(a)pyrene Propionaldehyde Arsenic.
Styrene Hexanal Titanium Acrolein
Boron Chlorobenzene Ethylbenzene Indeno(1,2,3-cd)pyrene

Source: Stanford Medicine Tobacco Prevention Toolkit



LGBTQ+ YOUTH AND VAPING: PREVENTION AND SUPPORT FOR OUR FAMILIES AND COMMUNITIES

RED: FDA'S KNOWN HARMFUL & POTENTIALLY HARMFUL SUBSTANCES

Formaldehyde. Toluene Polycyclic aromatic hydrocarbons
Rubidium
Strontium Crotonaldehyde Barium Cadmium. Silver
Propylene glycol. Benzo(b)fluoranthene Selenium
Acetaldehyde Iron Copper. Acetone. Zirconium
Cobalt. Tin Nicotine. Vanadium Sulfur
Aluminum Manganese Xylene Silicon Chrysene
NNN + NNK Lead. Valeric acid Naphthalene.
Nickel. Potassium Nitrosamines Chromium
Benzo(a)pyrene Propionaldehyde Arsenic.
Styrene Glycerin. Hexanal Titanium Acrolein
Boron Chlorobenzene Ethylbenzene Indeno(1,2,3-cd)pyrene

Source: Stanford Medicine Tobacco Prevention Toolkit

national
lgbt
cancer
network
ADVOCATING FOR HEALTH EQUALITY



Is vaping harmful for youth?

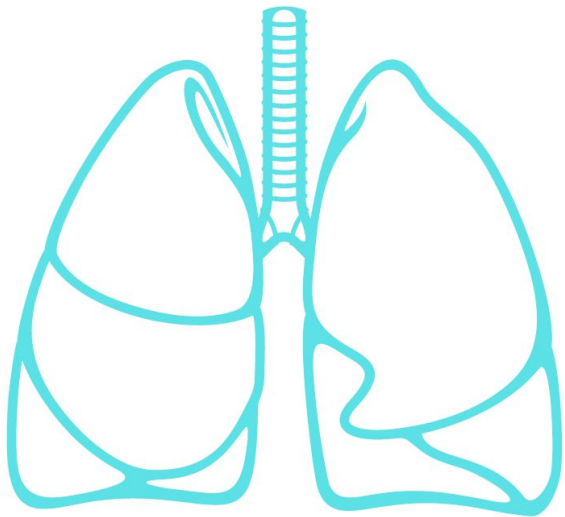
Adolescent brain



- Highly susceptible to addiction
- Sensitive dopamine reward pathway = rewiring for further addiction
- Nicotine causes permanent cognitive changes: worsened memory, processing speed, impulse control
- Mood disorders: anxiety, depression

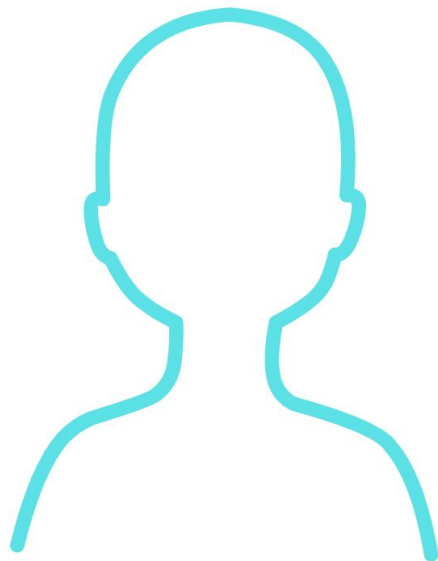
Is vaping harmful for youth?

Lungs



- Vape aerosol contains heavy metals, ultrafine particulates, myriad chemicals
- Reaches very deep in the lungs, causing irritation, inflammation
- Potential for allergies to hidden ingredients
- Asthma
- Cardiovascular disease
- Chronic lung disease

Is vaping harmful for youth?



- Cardiovascular disease, asthma, EVALI
- Allergies, seizures
- Flavor chemicals toxic to heart tissue
- Weakened immune system (Covid-19)
- Gastrointestinal issues
- Oral microbiome
- Covid-19

“How have vaping rates among LGBTQ+ youth changed in the pandemic?”



COVID-19 Considerations



- Social connectedness
- Mental health
 - Depression and anxiety
 - Unsafe home environment
- Social media

“Is there a right or wrong way to talk to my child about vaping?”



How can I talk to my child about vaping?

Logistics

- Start early--as young as age 9
- Not a one-time conversation.
- Find the right time. This may be a sensitive topic.
- You may use situations in which you see vaping--on TV, on the street, etc



How can I talk to my child about vaping?

Prepare yourself

- Come from a place of understanding and support.
- Remember that our kids were targeted. They may not think vaping is harmful, because it seems normal.
- Do your homework, so you understand and can share the health effects that concern you.



How can I talk to my child about vaping?

Approach

- No one single approach
- Talk "with," not "at" your child.
- Don't lecture. Ask questions and listen.
- Be clear that you disapprove of vaping, but avoid accusations.



How can I talk to my child about vaping?

Approach

- Don't exaggerate or use scare tactics.
- You may emphasize that they have been targeted by Big Tobacco for profit.



PAVe webinar recordings

- Core parent/caretaker presentation
- Ask the Expert chats with
 - Family therapist
 - Addiction psychiatrist
 - Pulmonologist
- Emerging products to recognize

ParentsAgainstVaping.org/webinars



“I work with young people. How can I support and be inclusive of LGBTQ+ youth without singling them out?”

“Is it okay to use the word “queer” as an ally?”



How can my organization better connect and collaborate with LGBTQ+ organizations?



Working with LGBTQ+ Organizations

- **Don't just ask to work with us in June**
- **Best Practices training and Welcoming Spaces**
 - Clinicians/Healthcare workers
 - Educators
 - Public Health Folks
- **Facilitate warm introductions**



Are there addiction treatment options for young people?



Youth quitting resources

Truth Initiative: This is Quitting

- The first-of-its-kind program to help young people quit vaping, This is Quitting gives youth and young adults the motivation and support they need to ditch JUUL and other e-cigarettes. truthinitiative.org/thisisquitting

Smokefree.gov: quitSTART

- Free smartphone app that helps you quit smoking with tailored tips, inspiration, and challenges. teen.smokefree.gov



Youth quitting resources

Queers Kickin' Butts

- A zine made by and for queer youth that provides resources on how getting through cravings and planning to quit smoking and vaping. shiftmn.org/zines

LGBTQ+ Quitline Portal (Upcoming)

- A microsite focused on connecting LGBTQ+ people to quitting resources across the country. cancer-network.org



What resources exist for parents?



More free resources from PAVe

- Support group (Facebook)

Groups



Parent support group - Parents Against Vaping e-cigarettes, PAVe

Private group · 205 members

PAVe, created by 3 concerned moms, is a grassroots group that seeks to educate...

- Request an event for your parent community
- Clear the Vapor Conference (2021 and 2022)



More resources for parents & caretakers of LGBTQ+ kids

- **PFLAG**
 - Over 400 chapters provide confidential peer support, education, and advocacy to LGBTQ+ people, their parents and families, and allies.
- **Mama Dragons**
 - Non-profit org that provides support and education to mothers of LGBTQ children so they can be empowered to advocate and celebrate their LGBTQ kids! **MamaDragons.org**
- **Dragon Dads:** We fight to prevent teen suicide and to provide support and education to other fathers who want to show love and support their LGBTQIA+ children. **facebook.com/dragondads**



Clear the Vapor Conference 2022

SCAN ME



- May 24-25
- Scan code or visit link to pre-register:
ParentsAgainstVaping.org/conference
- We'll notify you when registration opens.



Evidence-based curricula for schools

Stanford Medicine Tobacco Prevention Toolkit: A theory-based and evidence-informed educational resource created by educators and researchers aimed at preventing middle and high school students' use of tobacco and nicotine products.

CATCH Global Foundation's Catch My Breath: A youth e-cig, JUUL, and vape prevention program for grades 5-12. The evidence-based program was shown to substantially reduce students' likelihood of vaping in the year following program implementation.



Resources for schools, organizations and professionals

- **Lambda Legal:** Oldest, largest national legal org whose mission is to achieve full recognition of the civil rights of LGBT people and everyone living with HIV through impact litigation, education & public policy work.
- **GLSEN:** Believes every student has the right to a safe, supportive, and LGBTQ-inclusive K-12 education. National network of educators, students, & local GLSEN Chapters working to make this right a reality.
- **GLMA:** GLMA is a national organization committed to ensuring health equity for LGBTQ and all sexual and gender minority (SGM) individuals, and equality for LGBTQ/SGM health professionals in their work and learning environments.



Get in touch

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Get in touch

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FB: Parents Against Vaping e-cigs

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 - christina@parentsagainstvaping.org



Get in touch

Connect or
volunteer with
PAVe!

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