

# The Norwalk Partnership

PREVENTING SUBSTANCE MISUSE  
AMONG YOUTH AND YOUNG ADULTS

## Dabbing and Vaping...What's the Difference?

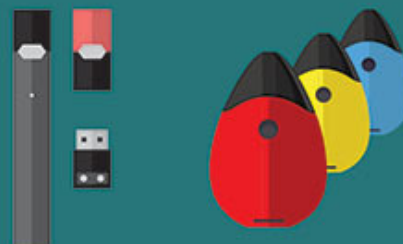
*On December 3rd, 2021, emergency services transported two Norwalk teens to the hospital after they became ill from vaping an unknown substance. This incident is a reminder that any substance can be contaminated with other products. **There is no safe use of illicit substances.***

- **Vaping is an umbrella term** that refers to ingesting “vaporized” chemicals. The earliest vapes were e-cigarettes, used as an alternative to cigarettes to ingest nicotine in aerosol form.
- **Teens today** use the term dabbing specifically to refer to inhaling cannabis (marijuana), while they use vaping to refer to inhaling nicotine-based products.
- **Both dabbing and vaping** are dangerous for the lungs because the user ingests a large number of chemicals directly into the lungs.
- **Dabbing involves inhaling concentrated THC**—the chemical in marijuana that affects the brain and creates the “high.” Dabs can be close to pure THC: **70% to 90%** or even more.
- **At levels above 10% THC**, marijuana is associated with addiction, mental illness, psychosis, and even suicide. There is now a new diagnosis of Cannabis-Induced Psychosis, with CT DPH reporting a **300%** increase in hospital admissions for psychosis between 2016 and 2019.
- **In 2018, the US Surgeon General warned about the dangers of marijuana for teens** because it affects brain development. Teens who use marijuana a few times a week can lose up to **8 IQ points**.
- That’s why marijuana in any form is not legal for anyone under age 21. Vaping is also illegal before age 21.

### Tanks & Mods



### Rechargeable E-cigarette



### Disposable E-cigarette

