



The Truth About Vaping: What Parents Need to Know

According to the Centers for Disease Control and Prevention, e-cigarettes are now the most commonly used tobacco products among youth.



E-cigarette use **increased 78%** among high school students during the past year.¹



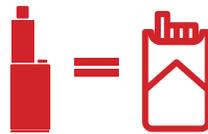
Most e-cigarettes contain **nicotine**, the addictive drug in other tobacco products.²



Nicotine exposure during adolescence can **harm brain development**.²



More than **1 in 4** high school seniors reported vaping in the last year.⁶



A single vapor pod containing 200 puffs can have **just as much nicotine** as a pack of cigarettes.⁴



Vaping chemicals used in the liquids can be more **concentrated and dangerous**.⁷



In 2016, **1/3** of U.S. middle and high school students who used e-cigarettes had used marijuana in the e-cigarettes.³



Teens who vape are **4x more likely** to use marijuana.⁵



Students vape in parking lots, bathrooms, on the bus and even in classrooms.

References

1. Cullen KA, Ambrose BK, Gentzke AS, Apelberg BJ, Jamal A, King BA. Notes from the Field: Increase in use of electronic cigarettes and any tobacco product among middle and high school students – United States, 2011–2018. *MMWR Morbidity & Mortality Weekly Report* 2018; 67(45):1276–1277.
2. Office of the Surgeon General. E-cigarette Use among Youth and Young Adults: A Report of the Surgeon General. Washington, DC: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention; 2016. https://www.cdc.gov/tobacco/data_statistics/sgr/e-cigarettes/pdfs/2016_sgr_entire_report_508.pdf.
3. Trivers KF, Phillips E, Gentzke AS, Tynan MA, Neff LJ. Prevalence of Cannabis Use in Electronic Cigarettes Among US Youth. *JAMA pediatrics*. 2018;172(11):1097–1099.
4. <https://news.umich.edu/vaping-u-s-teens-lured-by-flavors-not-nicotine>
5. Hongying Dai, Delwyn Catley, Kimber P. Richter, Kathy Goggin, Edward F. Ellerbeck. Electronic Cigarettes and Future Marijuana Use: A Longitudinal Study. May 2018.
6. National Institutes of Health Study
7. <https://www.sciencenewforstudents.org/article/concerns-explode-over-new-health-risks-vaping>



The Truth About Vaping: What Parents Need to Know

Overview and Resources

Vaping Overview

1. What is vaping?

Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, produce by an e-cigarette or other similar device.

2. What are e-cigarettes?

E-cigarettes are made of three parts: a cartridge containing liquid to be smoked, an atomizer and a battery. A popular vaping device, called a JUUL, looks like a USB drive and can even be charged through a USB port.

E-cigarettes are also called e-cigs, vape pens, mods, pod mods or tank systems.

3. Is vaping safer than smoking cigarettes?

Vaping has been marketed as a safer alternative to smoking cigarettes; however, many of the devices still contain a significant amount of nicotine, which is addictive, especially in teens and young adults. Additionally, other chemicals in e-cigarettes are more concentrated and could include carcinogens and other toxins. Some of the chemicals used to make certain flavors may also have health risks.

Some teenagers are also using the vaping devices to smoke THC or cannabis oil. This is called dabbing.

Resources

1. <https://preventionactionalliance.org/learn/about-e-cigarettes/>
2. <https://e-cigarettes.surgeongeneral.gov/documents/surgeon-generals-advisory-on-e-cigarette-use-among-youth-2018.pdf>
3. <https://drugfree.org/article/start-talking/>
4. <https://drugfree.org/article/reinforce-the-positive/>
5. <https://massclearinghouse.ehs.state.ma.us/PROG-TOB/TC3479.html>
6. <http://makesmokinghistory.org/dangers-of-vaping/>
7. <http://makesmokinghistory.org/dangers-of-vaping/facts/>

If you suspect your child is vaping, utilize the resources above or contact your child's guidance counselor.