



TIPS FOR TEENS

Electronic Cigarettes (E-cigs, Juul's, Vape Pens)

80% of teens say they don't see the risk of harm from e-cigarette use but e-cigarettes are not harmless.

Most e-cigs contain nicotine from tobacco, which is highly addictive.

Nicotine can change the way the brain works. Nicotine addiction is very hard to overcome.

Most teens (66%) think their brand contains only flavoring. The flavoring can cause lung damage.

A single pod with 200 puffs can have as much nicotine as a pack of cigarettes.

Batteries used in E-cigarettes can cause fires and explosions.

Don't let marketing ads or peer pressure get you to try e-cigarettes.

Manufacturers have no idea of the long-term effects so don't be an experiment.



WHAT YOU CAN DO:

- Don't use any tobacco product, even "nicotine-free" e-cigarettes. None are "safe".
- Lead by example and tell your friends the truth about e-cigarettes.
- For more information, talk to someone you trust about the dangers of e-cigarettes.

