



VAPING: TIPS FOR PARENTS

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

In 2020, the CDC reported that over 3 million high school (19.6%) and 550,000 middle schoolers (4.7%) used e-cigarettes.

An E-cigarette is a battery-operated device that heats liquid to an aerosol for users to inhale; often resembles a pen or a computer thumb drive. Often referred to as e-cigs, vapes, vape pens, dab pens or tanks. As no odor is produced, they can be used with little notice.

Most students believe their e-cigarettes only contain flavor, no nicotine. A recent study showed 99% of E-cigarettes contained nicotine, a highly addictive drug that can harm brain development. Nicotine addiction leads to a dependency, not a choice.

Flavored e-cigs are used by 82.9% of all high school and middle grade students who vape.

Vapors produced by the nicotine and heavy metals in E-cigarettes are not harmless either. Long-term health risks, even to by-standers, are not yet fully known.

E-cigarettes produce little or no odor and therefore are used to deliver other drugs, including marijuana. A recent study reported that people ages 12 to 17 who vaped were 4.3 times more likely to use marijuana.

The liquid in the vaping cartridges can be fatal if swallowed.



WHAT YOU CAN DO:

- Start the conversation with your child about e-cigarettes.
- Advise them about the dangers.
- Discourage tobacco use, including e-cigarettes.
- Teach by example – be tobacco free.

