

# VAPING

## A GUIDE FOR TEENS

Vaping, or electronic cigarette, is a battery-operated device that heats a liquid to an aerosol for users to inhale.

- Nicknames: e-cigs, Juul's, vape pens, dab pens, mods, tanks, juice/e-juice, e-hooka, drip.
- Many teens think vaping is harmless. However, most e-cigs contain nicotine, a highly addictive drug.
- Other harmful effects include addiction, anxiety & depression, memory loss, sleep problems, chronic bronchitis, and lung damage.
- You can get addicted faster than adults because your brains are still developing.
- A single pod with 200 puffs can have as much nicotine as a pack of cigarettes.
- Vaping is expensive! The cost of the cartridges and devices add up over time.
- Don't let marketing ads or peer pressure get you to try e-cigarettes. Most teens chose NOT to vape.

### WHAT YOU CAN DO:

1. Avoid using any tobacco or nicotine products.
2. If you feel pressured to vape, try one of these statements:
  - "My parents would be furious with me."
  - "I really want to excel in my sport, vaping could get in the way. Plus, I signed a drug-free policy."
  - "I don't want to get in trouble at home/school."
  - "There are lots of ways to cope, and vaping's not for me."
  - "I don't want nasty breath."
3. Talk to a trusted adult, parent, teacher, coach, clergy member, or someone you trust about vaping.
4. Lead by example and choose not to vape.



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