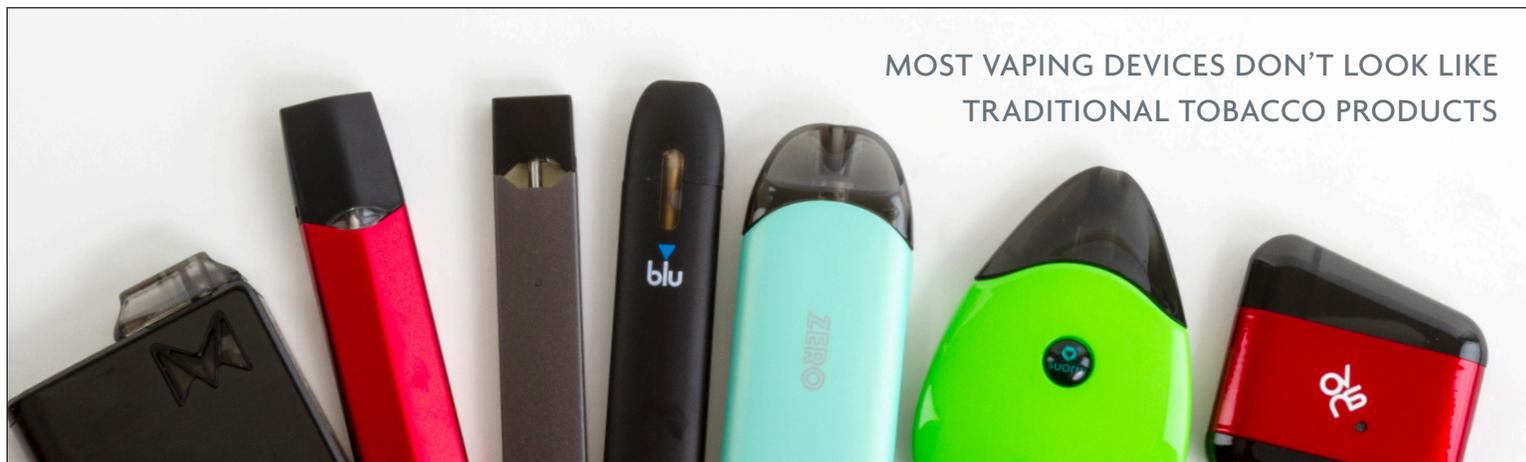


WHAT YOU NEED TO KNOW ABOUT VAPING



MOST VAPING DEVICES DON'T LOOK LIKE TRADITIONAL TOBACCO PRODUCTS

Vaping devices are also known as e-cigs, vapor devices, vapes, vape pens, e-hookah, hookah pens, tanks, mods, and Juuls.

They heat a liquid nicotine solution (called e-liquid or e-juice) to create an aerosol that is breathed in.

The aerosol contains **nicotine, flavoring, and toxic chemicals.**

Marijuana (THC or CBD) oil can be used in many vaping devices.



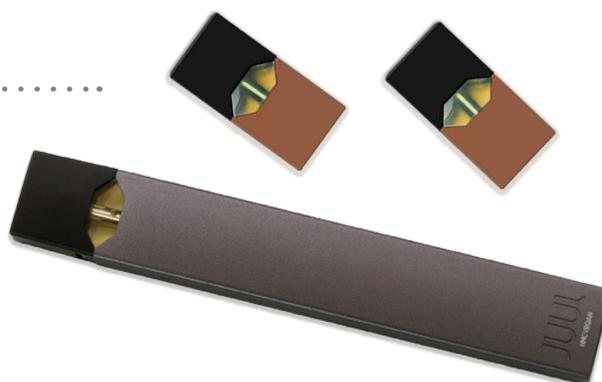
NICOTINE IS HIGHLY ADDICTIVE AND CAN **HARM A TEEN'S DEVELOPING BRAIN**



TEENS WHO VAPE ARE AT RISK OF:

- nicotine addiction
- mood disorders
- anxiety
- learning problems

MANY DEVICES USE "PODS" THAT MAY CONTAIN **AS MUCH NICOTINE AS 2 PACKS OF CIGARETTES**



E-LIQUID COMES IN THOUSANDS OF SWEET FLAVORS LIKE **MANGO, WATERMELON, GUMMY BEAR, SALTED CARAMEL, AND MINT.**



WHAT ARE SOME WARNING SIGNS OF VAPING?

- Artificial smells like candy, popcorn, or vanilla from behind closed doors
- School supplies or tech products that you don't recognize in kids' backpacks or rooms
- Unfamiliar credit card charges
- Changes in kids' behavior such as increased mood swings, irritability, anxiety, or impulsivity

HOW TO TALK TO A TEEN OR YOUTH ABOUT VAPING

Whether or not your kids or students have tried vaping, they'll benefit from a supportive talk.

Simple ways to start:

- Do you have friends who vape?
- Are you curious about it?
- Have you been offered it?
- Have you tried it?

Before you tell kids what you think, take time to listen. A conversation will work better than a lecture.

TEEN VAPE USE HAS INCREASED SHARPLY IN RECENT YEARS

1 IN 4 HIGH SCHOOL STUDENTS SAY THEY VAPE

RESOURCES

For more information on how to talk to kids and what to do if your teen is addicted, download the free guide **Nicotine = Brain Poison** at www.flavorshookkids.org.

Free help to quit vaping is available: Call **1-844-8-NO-VAPE** (1-844-866-8273) or text **QUIT VAPING** to 66819.

Sources

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