



PROTECT YOUR TEENS FROM **VAPES**

Get the facts you need to know
to keep your teens tobacco-free >



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NEARLY 28% OF HIGH SCHOOL STUDENTS USE VAPES



Most vaping products contain nicotine. However, many teens who vape think it's nicotine-free.

Nicotine can **hurt teen brain development** and may cause learning and mood disorders. Teens who vape are more likely to start using cigarettes.

DID YOU KNOW?

- + Vape products are sold online where age verification is easily bypassed.

Learn more about the dangers of vaping:

Visit www.flavorshookkids.org and download the free guide

Free help to quit vaping:

Call 1-844-8-NO-VAPE or text QUIT VAPING to 66819.

Sources:

Wang, TW, et al. Tobacco Product Use and Associated Factors Among Middle and High School Students - United States, 2019. *MMWR Surveillance Summaries*, 68:SS-12 (2019): 1-22
Boykan, R, et al. Self-Reported Use of Tobacco, E-Cigarettes, and Marijuana Versus Urinary Biomarkers. *Pediatrics*, 144:6 (2019): e20183531.
U.S. Department of Health and Human Services. *Surgeon General's Advisory on E-Cigarette Use Among Youth*. 2018.
Williams, RS, et al. (2017). Cigarette Sales to Minors via the Internet: How the Story has Changed in the Wake of Federal Regulation. *Tobacco Control*, 26:4 (2017): 415-420

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