Youth Use of e-cigs and Vape Pens is Rising in the U.S. Important Facts About Vaping

E-Cigarette use is on the rise with our youth--even among middle school students. Research shows that kids do not know what is in the e-liquid (66% report "just flavoring") and therefore, kids think these products are safe.

Although e-cigarettes MAY be less harmful than regular cirgarettes, it doesn't mean they are safe. Why?

▶ A teen who uses e-cigarettes is 3 times more likely to smoke regular cigarettes. (Rigotti, 2015)

▶ The teen years are critical to brain development. Adding nicotine, a highly addictive drug, to the growing teen brain can alter the development of the brain, affect the brain's reward system and lead to an increased risk of addiction as an adult.

▶ The affect on the lungs of the added chemicals has not been studied. Cancer takes 20 + years to develop. We just don't know if these chemicals are safe to inhale.

ELECTRONIC NICOTINE DELIVERY SYSTEMS
KEY FACTS

What are e-cigarettes and vape pens?

Electronic cigarettes , also known as vape pens, are hand-held, battery-powered nicotine delivery devices that can also be used for marijuana.

WHAT IS AN E-CIG?

VAPES

BATTERY / MOD   ATOMIZER (E-Juice Goes Here)   DRIP TIP   + E-JUICE

JUUL
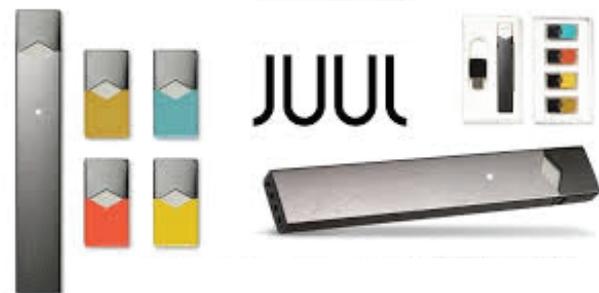
How do e-cigarettes work?

An atomizer heats the liquid (often called "e-juice" or "e-liquid") which becomes an aerosol or vapor that the user inhales. Hence the term "vaping."

The E-liquid

Liquids used to create the aerosol contain but are not limited to:

▶ Flavorings

▶ Diethylene Glycol 7/or Propylene Glycol (turns liquid into vapor.)

▶ Nicotine - not ALL cartridges contain nicotine. The popular brand, JUUL always contains nicotine.

38 of the chemicals and carcinogens that are listed on the FDA's "Harmful and Potentially Harmful Constituents (HPHCs)" list are found in vape juice, including formaldehyde, benzene (found in pesticides and gasoline), and cadmium (toxic heavy metal used in car batteries).

DANGER
FORMALDEHYDE
IRRITANT & POTENTIAL
CANCER HAZARD
AUTHORIZED PERSONNEL ONLY

DANGER
CADMIUM
CANCER HAZARD
CAN CAUSE LUNG AND KIDNEY DISEASE
AUTHORIZED PERSONNEL ONLY
RESPIRATORS REQUIRED IN THIS AREA

DANGER
CONTAINS
BENZENE
CANCER HAZARD
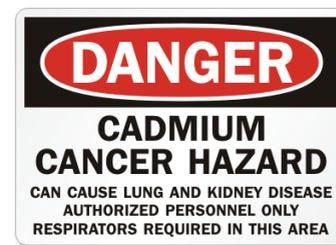
Have a conversation with your **teen** today about e-cigarettes **and vape pens**.
TALK. They (really) do hear you!

LINK TOGETHER
Empowering Youth to Be Drug & Alcohol Free

www.linktogethercoalition.org