

There is still concern about e-cigarette use and youth, even among preteens. Research shows that teens do not know what is in the e-liquid (66% report “just flavoring”) and¹ therefore, teens think these products are safe. Although e-cigarettes MAY be less harmful than regular cigarettes, it doesn’t mean they are safe. Why?

A teen who uses e-cigarettes is three times more likely to smoke regular cigarettes. (The Truth Initiative, 2019)

3x



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.



Ingredients in e-cigarette aerosol is harmful to the lungs. E-cigarette aerosol is NOT harmless “water vapor.”

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.



E-Liquid



Atomizer

Battery/MOD

Drip tip

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.”

Tobacco 21

On July 1, 2019, Illinois enacted Tobacco 21 legislation, raising the age to purchase tobacco from 18 to 21. This increases the social gap for underage teens purchasing tobacco, as 21 year olds are not in high school.

The E-Liquid

E-Cigarette aerosol contains harmful substances, including, but not limited to:

- Flavorings
- Diethylene Glycol 7/or Propylene Glycol (turns liquid into vapor.)
- Nicotine - It can be difficult to tell what products contain nicotine. Some e-cigarettes marked as containing zero percent nicotine have been found with it (cdc.gov)



WARNING

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).

Learn more:

1. US Food and Drug Administration
2. National Institute on Drug Abuse
3. Substance Abuse and Mental Health Services Administration
4. Preventing Tobacco Addiction Foundation
5. US Surgeon General
6. Centers for Disease Control and Prevention

Have a conversation with your teen today about e-cigarettes and vape pens.