



# VAPING: TIPS FOR PARENTS

## Electronic Cigarettes (E-cigs, Juul's, Vape Pens)

In 2020, the CDC reported that over 3 million high school (19.6%) and 550,000 middle schoolers (4.7%) used e-cigarettes.

An E-cigarette is a battery-operated device that heats liquid to an aerosol for users to inhale; often resembles a pen or a computer thumb drive. Often referred to as e-cigs, vapes, vape pens, dab pens or tanks. As no odor is produced, they can be used with little notice.

Most students believe their e-cigarettes only contain flavor, no nicotine. A recent study showed 99% of E-cigarettes contained nicotine, a highly addictive drug that can harm brain development. Nicotine addiction leads to a dependency, not a choice.

Flavored e-cigs are used by 82.9% of all high school and middle grade students who vape.

Vapors produced by the nicotine and heavy metals in E-cigarettes are not harmless either. Long-term health risks, even to by-standers, are not yet fully known.

E-cigarettes produce little or no odor and therefore are used to deliver other drugs, including marijuana. A recent study reported that people ages 12 to 17 who vaped were 4.3 times more likely to use marijuana.

The liquid in the vaping cartridges can be fatal if swallowed.



### WHAT YOU CAN DO:

- Start the conversation with your child about e-cigarettes.
- Advise them about the dangers.
- Discourage tobacco use, including e-cigarettes.
- Teach by example – be tobacco free.

