Youth Vaping is an Epidemic

3.6 MILLION U.S. YOUTH CURRENTLY USE E-CIGARETTES AND VAPE

(Surgeon General, 2018)

Share These Facts with Your Child/Teen

▪ Vaping is illegal for anyone under the age of 18.

▪ Most vape products contain Nicotine even if the label indicates it’s "Nicotine-Free".

▪ Nicotine exposure during adolescence can harm the developing brain, and lead to addiction. (cdc.gov)

▪ Studies have found that teens who vape are 4X more likely to start smoking than their peers who don’t vape. (truthinitiative.org)

▪ Youth are increasingly using vaping devices to vape marijuana. (monitoringthefuture.org)

▪ One JUUL pod (a commonly used vape device) = 1 pack (20 cigarettes) worth of Nicotine. (thetruth.com)

▪ Vapor that is inhaled contains dangerous chemicals in addition to Nicotine such as Diacetyl, Nickel, Tin, Chromium and Lead. (cdc.gov)

What are E-Cigarettes and Other Vape Products?

These are battery operated devices that heat a liquid into an aerosol. The liquids generally contain Nicotine and other additives. Some vape devices can also deliver marijuana and other drugs.

For more information visit:

e-cigarettes.surgeongeneral.gov • truthinitiative.org • cdc.gov • drugfree.org • teen.smokefree.gov

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Parents! Talk with Your Child/Teen about the Dangers of E-Cigarettes & Vaping

1. **LEARN THE FACTS BEFORE YOU TALK**
Get additional information about the dangers of vaping and tips on how to talk to your child/teen. Visit: [ecigarettes.surgeongeneral.gov](http://ecigarettes.surgeongeneral.gov) and/or [drugfree.org](http://drugfree.org)

2. **START THE CONVERSATION**
Ask open ended questions.
“What do you know about the dangers of vaping?”
Be patient and listen. Encourage questions.

3. **SHARE THE FACTS & KEEP THE DISCUSSION GOING**
Share the facts about the dangers of vaping on the front of this card with your child/teen. Review information together by visiting the following websites:
[ecigarettes.surgeongeneral.gov](http://ecigarettes.surgeongeneral.gov), [truthinitiative.gov](http://truthinitiative.gov), [cdc.gov](http://cdc.gov), [drugfree.org](http://drugfree.org), and [teen.smokefree.gov](http://teen.smokefree.gov)
Keep the conversation going over time.
It’s better to have 60 one-minute discussions than one 60-minute conversation.

4. **INFORM ABOUT THE CONSEQUENCES FOR VAPING**
If your child/teen is vaping, avoid criticism. Express your concerns.
Make clear there will be family consequences for vaping.

5. **REMEMBER! CHILDREN LEARN BY SEEING WHAT PARENTS DO, NOT ONLY BY WHAT THEY SAY.**