How much do you know about the epidemic?

E-cigarettes, also known as "vapes," are becoming increasingly popular among teens. 1,2

In fact, they are the most commonly used tobacco product among both middle and high school students. You may have already seen or heard about students vaping in your school, but it is important to know that certain types of vapes can be used very discreetly.

SOME TEENS REPORT USING E-CIGARETTES IN SCHOOL BATHROOMS AND EVEN IN THE CLASSROOM.

Learning more about the different types of e-cigarette products is an important first step in addressing youth vaping.

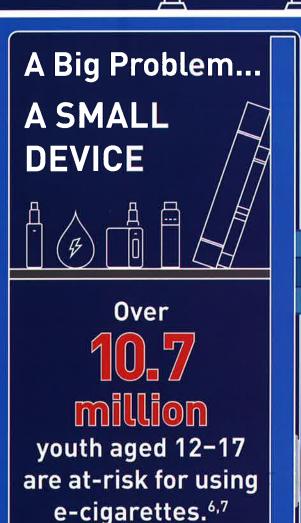
DID YOU KNOW:

E-cigarettes come in a variety of shapes and sizes and may not look like a tobacco product, which can make them hard to spot.³

Some devices popular among teens—like
JUUL and myblu—are as small as a USB flash
drive and even look like one.

Certain products emit very low amounts of aerosol or "vapor," which makes them easier to use discreetly than combustible cigarettes.

Most e-cigarettes contain nicotine, the same highly addictive drug in cigarettes.^{4,5} Some e-cigarettes may contain as much nicotine as a pack of 20 regular cigarettes.³



Many teens have dangerous misperceptions that lead them to believe that vaping is harmless.

Common myths

believed about vaping, along with the facts.

"It's just flavoring."

Vapes get their flavors from chemicals. While these flavorings are safe to eat in food, they're not safe to inhale. Inhaling flavor chemicals can harm your lungs.11

Want an example?

Some buttery-flavored vapes like caramel contain diacetyl and acetoin. Inhaling diacetyl has been linked to popcorn lung, a lung disease that doesn't have a cure.11

Some vapes that claim they are nicotine-free are not.8,17-22

"My vape says it's nicotine-free. There's no way I'll become addicted."

Nicotine exposure during the teen years can disrupt normal brain development. It can have long-lasting effects, like increased impulsivity and mood disorders.23-25

as 10 seconds.14,15

Vaping delivers nicotine

to the brain in as little

A teen's brain is still developing, making it more vulnerable to nicotine addiction.16

"It's just

water

vapor."

"Just because I vape doesn't mean I'm going to smoke cigarettes."

Research shows teens who vape are more likely to try smoking cigarettes.26

But

it's not.

Vaping can expose the user's

lungs to harmful chemicals

like formaldehyde, diacetyl

metal particles like nickel, tin and lead. 4,8-10,11-13

and acrolein, as well as toxic

"I don't have an

addictive personality -I won't get hooked

on vapes."

"Nicotine isn't that bad for me."

Use

FDA's FDA is committed to protecting youth from the dangers of e-cigarettes. In addition to Efforts to our national peer-to-peer public education campaign called "The Real Cost," we're **Curb Youth** joining forces with Scholastic to provide teachers and school administrators with E-Cigarette the resources they need to educate their students about e-cigarettes.

Together, we've created a free lesson plan and

research activity for teachers to educate their students on the health risks of e-cigarette use. Please visit the Scholastic youth-vaping-risks site to access these resources.

Share This Information (A



Please share this infographic with other teachers and school administrators. In addition, if you'd like to learn more about e-cigarettes, check out these resources:

- » Surgeon General Fact Sheet E-cigarette use among youth and young adults
- » Parent Tip Sheet How parents can talk with their teen about vaping
- » CDC Infographic E-cigarette ads and youth infographics
- » Smokefree Teen If you know a teen who is addicted to any tobacco product, including cigarettes and e-cigarettes, there are resources to help them quit

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