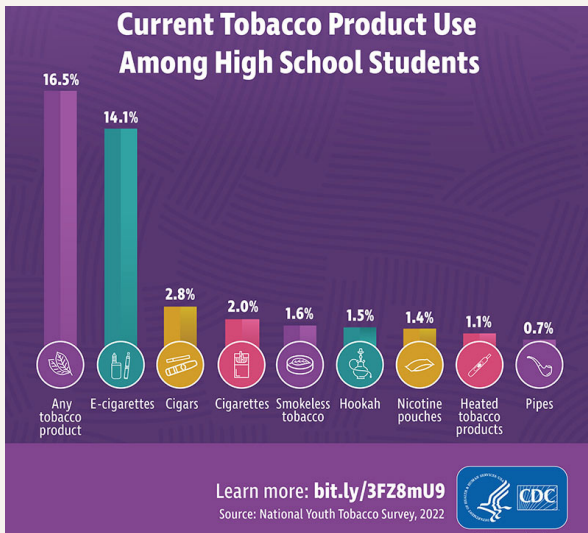


CURRENT

STATISTICS

- About 4 of every 100 middle school students and about 1 of every 6 high school students reported current use of a tobacco product in 2022*



- E-cigarettes have been the most commonly used tobacco product among youth since 2014*
- About 1 out of every 30 middle school students reported that they had used E-cigarettes in the past 30 days in 2022*

GET HELP NOW

- ☎ For free help call 1-800-QUIT-NOW
- 🌐 Visit smokefree.gov



Additional resources:

- Centers for Disease Control and Prevention
www.cdc.gov
- How to stop your kids from vaping
www.icare-er.com/how-to-stop-your-kids-from-vaping/
- American Lung Association
www.lung.org/blog/do-the-vape-talk-campaign

WHAT IS

VAPING?



Vaping is a term used mainly by youth that describes inhaling an aerosol generated by battery-operated devices known as electronic cigarettes or E-cigarettes. These devices can look like commercial cigarettes or resemble items such as pens or USB memory sticks. The aerosol or “the vape” may contain nicotine, flavorings, and other harmful chemicals.

MYTH VS FACTS

There are many common misconceptions youth may have about vaping.

Let's learn the facts:


MYTH FACT


~~You can't get addicted to E-cigarettes~~ → **E-cigarettes contain nicotine which is an addictive chemical, in fact some puff bars deliver as much nicotine as 20 cigarettes**


~~Vaping is not bad for you- it is just water particles~~ → **Vapes include nicotine, which negatively affects brain development; propylene glycol- used to make antifreeze; carcinogens- chemicals known to cause cancer; and heavy metals such as nickel, tin, lead (just to name a few!)**


Remember the facts: stay away from vaping


Tips to help your child:


 Have an honest discussion about vaping and how it can lead to other tobacco products use and long-term health harms.

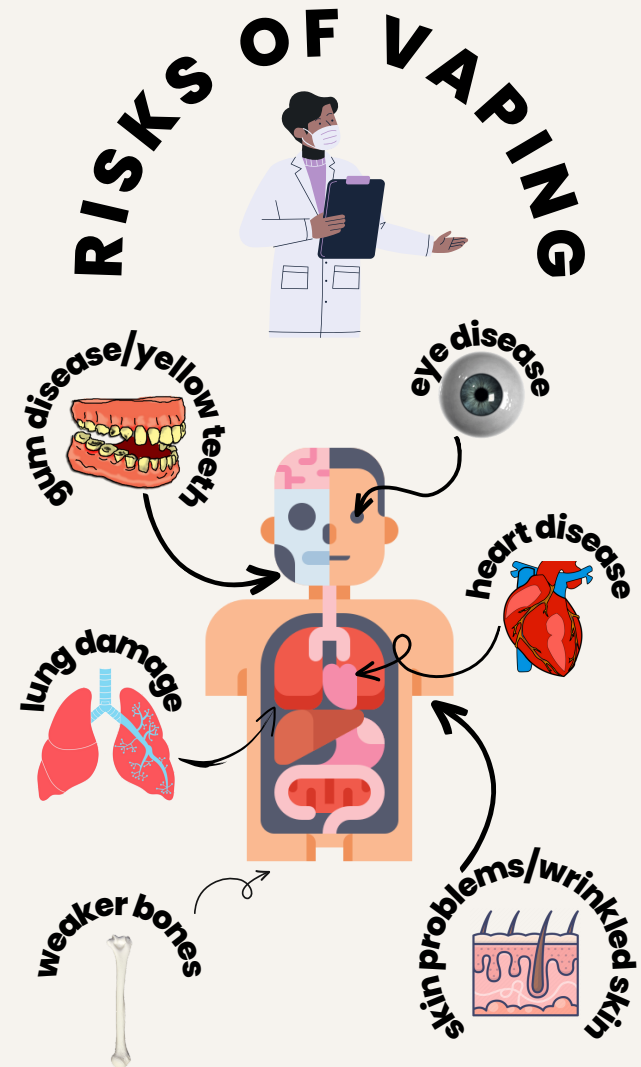
 Be present with your child. Vaping is easy to hide- the more present you are, the more likely you are to notice your child is using E-cigarettes.

 Talk, don't punish. If you do find that your child is vaping, support them. Parental support is instrumental in helping teens, and young adults kick the habit.

 The vaping industry uses marketing strategies devised to intentionally hook youth on nicotine and make them customers for life. Explain this to your child.

 Acknowledge your child's independence. Your children make good decisions every day. Thank them for their responsibility and appeal to their good judgment.

 Equip them with support and resources. (see back of brochure for more)



- increased risk for stroke and diabetes
- potential for long-term health harms