

E-cigarettes and Youth: What Parents Need to Know



WHAT ARE E-CIGARETTES?

Electronic cigarettes (e-cigarettes) are battery-powered devices that deliver nicotine, flavorings, and other ingredients to the user. Using e-cigarettes is sometimes called “vaping.” E-cigarettes do not create harmless “water vapor” – they create an aerosol that can contain harmful chemicals.

HOW MANY YOUTH ARE USING E-CIGARETTES?

- E-cigarettes have been the most commonly used tobacco product among U.S. youth since 2014.
- In 2018, CDC and FDA data showed that more than 3.6 million U.S. youth, including 1 in 5 high school students and 1 in 20 middle school students, were past-month e-cigarette users.
- During 2017 and 2018, e-cigarette use skyrocketed among youth, leading the U.S. Surgeon General to call the use of these products among youth an epidemic in the United States.

WHAT ARE THE RISKS FOR YOUTH?

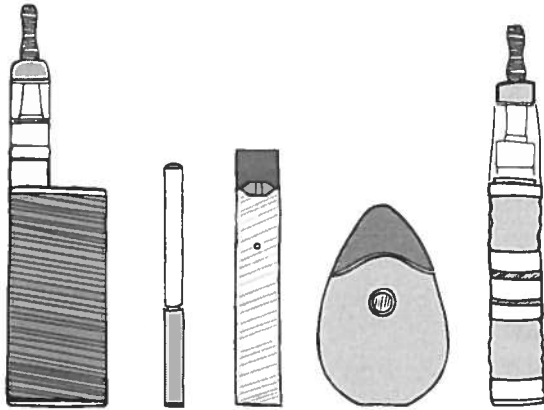
- Most e-cigarettes contain nicotine, which is highly addictive. Nicotine exposure during adolescence can:
 - » Harm brain development, which continues until about age 25.
 - » Impact learning, memory, and attention.
 - » Increase risk for future addiction to other drugs.
- Young people who use e-cigarettes may be more likely to go on to use regular cigarettes.
- Many e-cigarettes come in kid-friendly flavors – including mango, fruit, and crème – which make e-cigarettes more appealing to young people.
- E-cigarette aerosol is not harmless. It can contain harmful substances, including:
 - » Nicotine
 - » Ultrafine particles
 - » Cancer-causing chemicals
 - » Flavorings that have been linked to lung disease
 - » Volatile organic compounds
 - » Heavy metals such as nickel, tin, and lead





WHAT DO E-CIGARETTES LOOK LIKE?

- E-cigarettes come in many shapes and sizes. Some look like regular cigarettes, cigars, or pipes. Larger e-cigarettes such as tank systems – or “mods” – do not look like other tobacco products.
- Some e-cigarettes look like other items commonly used by youth, such as pens and other everyday items. New e-cigarettes shaped like USB flash drives are popular among youth, including JUUL and the PAX Era, which looks like JUUL and delivers marijuana.



WHAT CAN YOU DO AS A PARENT OR CAREGIVER?

As a parent or caregiver, you have an important role in protecting children from e-cigarettes.

- » Talk to your child or teen about why e-cigarettes are harmful for them. It's never too late.
- » Set a good example by being tobacco-free.
- » Learn about the different shapes and types of e-cigarettes and the risks of e-cigarette use for young people at www.CDC.gov/e-cigarettes.

ABOUT USB FLASH DRIVE-SHAPED E-CIGARETTES

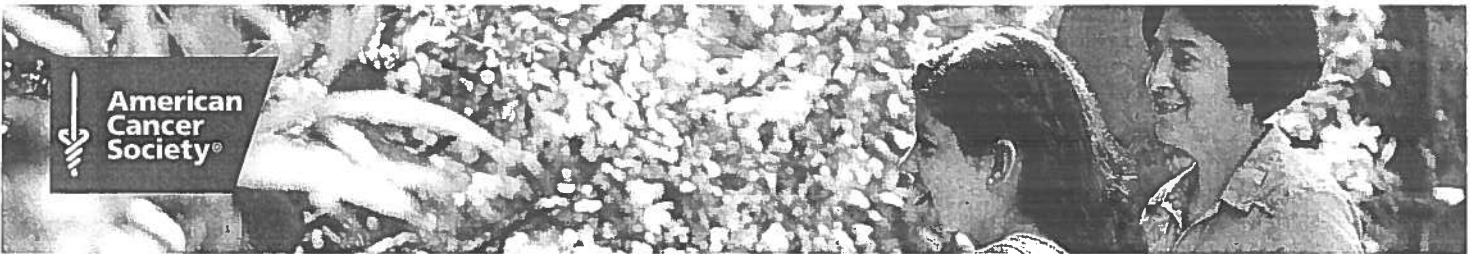
As a parent or caregiver, you may have heard about the use of USB flash drive-shaped e-cigarettes, including JUUL (pronounced “jewel”). JUUL is the top-selling e-cigarette brand in the United States.

JUUL is being used by students in schools, including in classrooms and bathrooms. JUUL's nicotine liquid refills are called “pods.” According to the manufacturer, a single JUUL pod can contain as much nicotine as a pack of 20 regular cigarettes.

JUUL delivers nicotine in a new form called “nicotine salts,” which can make it less harsh on the throat and easier to use by youth. JUUL also comes in flavors that can appeal to youth.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



Questions and Answers about E-cigarettes for Parents

! Most e-cigarettes and all JUULs contain nicotine. Nicotine is addictive and can be harmful to the brain and health of your kids. **Children and young adults should not vape or use any tobacco products.**

What are e-cigarettes?

E-cigarettes are electronic devices that heat liquid flavors and chemicals (e-juice). The heating produces an aerosol, also called a vapor, which is a mix of small particles in the air. An e-cigarette might also be called:

- JUUL (a brand of e-cigarettes)
- E-cigs
- ENDS (electronic nicotine delivery systems)
- ANDS (alternative nicotine delivery systems)
- E-hookahs
- Hookah pens
- Vape pens
- Vape mods
- Vaporizers
- Vapes
- Tank systems

E-cigarettes can look like:

- Cigarettes
- Cigars
- Pipes
- Pens
- USB flash drives
- Other common objects, such as car keys



Did you know?

Most e-cigarettes contain nicotine, the same addictive and poisonous chemical found in cigarettes and other tobacco products.

E-cigarette use in middle-schoolers and high-schoolers has dramatically increased. **Kids, teens, and young adults should not use e-cigarettes or any tobacco product.**

What is vaping and JUULing?

“Vaping” means breathing in the aerosol or vapor of an e-cigarette. It’s important to know the aerosol coming out of an e-cigarette is **not** water vapor and is **not** harmless.

“JUULing” is a slang term created by users of a brand of e-cigarettes called JUUL, which is very popular among teenagers and young adults.

How can e-cigarettes be harmful?

Research has found that using e-cigarettes is likely to be less harmful than smoking regular cigarettes because e-cigarettes don’t burn tobacco. However, they do contain nicotine, which comes from tobacco. More research is still needed to know the effects of smoking e-cigarettes over long periods of time. Here is what we do know:

- Most e-cigarettes contain nicotine that can harm the brain development of teenagers. All types of the JUUL brand of e-cigarettes contain particularly high levels of nicotine.
- Nicotine in e-cigarettes is derived from tobacco and is very addictive. **It could make your kids want to try other, more harmful tobacco products, like regular cigarettes.**
- E-cigarette flavorings and vapor might have other substances that can cause lung disease, heart disease, and cancer, as well as other diseases.
- E-cigarettes expose people to secondhand vapor that may contain harmful substances.
- There have been reports of e-cigarettes exploding and causing serious injuries. The explosions usually are caused by batteries that are not working well or handled as they should be.

Using e-cigarettes can cause harm. Talk to the children, teenagers, or young adults in your life about why e-cigarettes are harmful. Quitting can help them live a longer and healthier life.

For more information, answers, and support, visit the American Cancer Society website at cancer.org or call us at 1-800-227-2345.



What You Need to Know about E-cigarettes: For Middle and High School Students



Most e-cigarettes and all JUULs contain nicotine. Nicotine is addictive and can be harmful to your brain and health. You should not vape or use any tobacco products.

What are e-cigarettes?

E-cigarettes are electronic devices that heat liquid flavors and chemicals (e-juice). They create an aerosol, also called a vapor. This creates a mix of small particles that you inhale. You may have heard e-cigarettes being called:

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| JUUL (a brand of e-cigarettes) | Hookah pens |
| E-cigs | Vape pens |
| ENDS (electronic nicotine delivery systems) | Vape mods |
| ANDS (alternative nicotine delivery systems) | Vaporizers |
| E-hookahs | Vapes |
| | Tank systems |

What is vaping?

“Vaping” means you are using any kind of e-cigarette and breathing in its aerosol or vapor.

Is JUULing different than vaping?

No. JUUL is a brand of e-cigarettes. **JUULS have very high levels of nicotine. Nicotine can be very addictive.** It can harm your brain growth, especially if you are a teenager. Any e-cigarette that has nicotine can be addictive, but **JUULS may be even more addictive than some other types of e-cigarettes** because of the liquid used and the way JUUL works.

How can e-cigarettes be harmful?

- While using e-cigarettes is less harmful for adults than smoking regular cigarettes, it is **not** harmless for kids, teens, and young adults. But scientists still need to find out what the harms of using e-cigarettes might be when they are used over a long period of time.
- **Most e-cigarettes and all JUULs have nicotine.** Nicotine comes from tobacco and is very addictive. **It could make you want to use other, more harmful tobacco products like regular cigarettes.**
- E-cigarettes often have added flavors and other chemicals, some of which can be toxic.
- When a person vapes, other people around them can breathe in the vapor, which can be harmful to their health.
- E-cigarettes can explode if the battery is not working well or is not used in the right way.

If you, a friend, or family member uses e-cigarettes or other tobacco products, talk to a doctor about quitting. Avoid being around people when they are using tobacco products, including e-cigarettes.

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