

# WHAT PARENTS NEED TO KNOW ABOUT VAPING



## WHAT IS VAPING?

When teens are vaping, they're inhaling an aerosol vapor from an electronic cigarette, or e-cigarette.

The battery-operated devices **vaporize liquid containing nicotine**, flavoring or other chemicals into an aerosol to be inhaled by the user. Bystanders can also breathe in the aerosol when the user exhales.

**E-cigarettes are the most commonly used tobacco product among youths**, according to recent national studies.

JUUL is the most popular brand of e-cigarettes among teens. They're so popular, many Tempe teens refer to vaping as JUULing. **The devices are small, about the size of a USB drive, and can fit in the palm of your hand, making them easy to conceal.**

E-cigarettes are known by many different names, including e-cigs, e-hookahs, mods, e-pens, vape pens, e-pipes, tank systems and electronic nicotine delivery systems (ENDS).

**See reverse for Facts About Teen Vaping**



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# FACTS ABOUT TEEN VAPING

Recent studies show youths are more likely than adults to use e-cigarettes in the U.S.

- Nationally, 11% of high school students vaped during the past 30 days.
- Most e-cigarettes contain nicotine. But according to the National Institute on Drug Abuse, **66% of teens using e-cigarettes think flavoring is the only thing they're inhaling.**
- E-cigarettes may be used to inhale marijuana and other drugs in addition to nicotine.
- Some evidence suggests that e-cigarette use is **linked to alcohol and other substance use**, like marijuana.
- **According to the American Lung Association, vaping can cause a serious and irreversible lung disease known as popcorn lung.** The disease causes coughing, wheezing and shortness of breath, similar to the symptoms of chronic obstructive pulmonary disease (COPD).
- The brain continues to develop until age 25. **This means vaping causes risk for:**
  - Nicotine addiction
  - Long-term harm to brain development
  - Mood disorders
  - Permanent lowering of impulse control

Visit [TempeCoalition.org](http://TempeCoalition.org) for contact information, videos about how to talk to teens about substance abuse and other local resources.



Tempe Coalition is a grant-funded program of  a registered 501(c)(3) nonprofit

This flyer was developed, in part, under grant number SP018222-06 from the Office of National Drug Control Policy and Substance Abuse and Mental Health Services Administration, Department of Health and Human Services. The views, policies, and opinions expressed are those of the authors, and do not necessarily reflect those of ONDCP, SAMHSA or HHS.

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