

E-Cigarettes and Vaping

COMMUNITY ALLIANCE FOR PREVENTION
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MYTHS

VS.

FACTS

“It’s just flavoring!”



E-cigarettes get their flavors from chemicals. While these flavorings are safe to eat in food, they’re not safe to inhale. Inhaling chemicals can harm your lungs.

Some e-cigarette flavors contain the chemical: diacetyl. Diacetyl has been linked to “popcorn lung,” a lung disease that doesn’t have a cure. (FDA)

“It’s just water vapor!”



“My vape says it’s nicotine-free. There’s no way I’ll become addicted.”



99% of e-cigarette products contain nicotine. E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine (the addictive drug in regular cigarettes, cigars, and other tobacco products), flavorings, and other chemicals that help create the aerosol. (Johns Hopkins Bloomberg School of Public Health)

“I don’t have an addictive personality. I won’t get hooked on vapes.”



Vaping delivers nicotine to the brain in as little as 10 seconds. A teen’s brain is still developing, making it more vulnerable to nicotine addiction. (FDA)



“Nicotine isn’t that bad for me.”



Nicotine exposure during the teen years can disrupt normal brain development. It can also have long-lasting effects, like increased impulsivity and mood disorders. (US Dept. of Health & Human Services)

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

DID YOU KNOW?

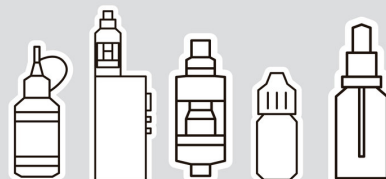
E-cigarettes come in a variety of shapes and sizes and may not look like a tobacco product, making them hard to spot.

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.

● A SMALL DEVICE - A BIG RISK ●

82% OF OUR STUDENTS ARE VAPE-FREE (30-DAY USE RATE)*



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