

Vaping: Get the Facts and TALK to your Teen Today

E-cigarettes are known by many different names such as: e-cigs, e-hookahs, mods, Vape pens, vapes, tank systems, and electronic nicotine delivery systems, such as a JUUL device.

Most vaping devices contain and deliver nicotine, along with other harmful chemicals.

Nicotine can harm a teenager's developing brain and lead to addiction.

Signs of Vaping may include an unexplained Sweet Scent from e-juice used in a vaping device and/or unfamiliar Products, such as: unusual pens, USB drives, and unfamiliar battery/charging devices, used to heat up the nicotine pods into a liquid form that can be vaped.

Simply TALKING to your Teen about these products can help protect them.

Recently, there have been numerous Public Health concerns and reports about the popularity of vaping and use of e-cigarettes among youth across the country, with particular concern about JUULs.

Some FACTS about JUULS and JUULING:

JUULS are nicotine delivery devices that look like USBs

JUUL operates by heating a "pod" of e-liquid containing nicotine, flavorings and other substances. When heated, the e-liquid creates an aerosol which is inhaled by the user.

JUULS don't smell or emit vapor

A single JUUL pod delivers as much nicotine as a pack of cigarettes

Easy to use

Easy to conceal

According to the results of our most recent HWRSD Youth Risk Behavior Survey, this trend is also a local concern:

27% of MRHS students report having used Juuls or similar devices in the past 30 days.

6% report using them daily.

12% of TWB and WMS students report having used Juuls or similar devices in the past 30 days.

3% report using them daily.

Talk to your Kids about the FACTS

Tell them MOST STUDENTS are NOT using these devices

Teach them to say NO, Not for Me!

Additional resources can be found on the following websites:

HWP4Y.org

Teen.smokefree.gov

E-cigarettes.surgeongeneral.gov

Makesmokinghistory.org/dangers-of-vaping



United for Safe, Healthy, Drug-free Communities