

# VAPING

## WHAT YOU NEED TO KNOW

“Vaping” is the popular term used to describe the use of e-cigarettes or nicotine vaporizers. You might know people who vape, or you may have even tried it yourself. Regardless of your experience with vaping, it’s important that you learn the facts about vaping—and why it’s a bad idea.

### THE FACTS

- ▶ According to a recent survey, 63% of 15–24 year olds who use vapes either didn’t know that vapes contain nicotine, or they didn’t realize how much nicotine vapes actually contain. *A single vape pod can contain as much nicotine as an entire pack of cigarettes.*
- ▶ Electronic cigarettes are just as addictive as tobacco cigarettes. Studies have also shown that teens who vape are four times more likely to start smoking tobacco cigarettes.
- ▶ Nicotine use during adolescence (regardless of the method) has been shown to impact brain development. In addition to nicotine, e-cigarettes often contain a number of other potentially harmful ingredients.
- ▶ The long-term health effects of vaping are still unknown.
- ▶ Vaping is a costly nicotine addiction. Between starter kits and refills, vape users spend an average of \$1,000 to \$2,000 a year.



# REASONS TO VAPE: DEBUNKED

## Vaping is harmless.

Vaping is not harmless. Just like any tobacco product, vapes contain nicotine—which is highly addictive. *Nicotine is especially harmful to the developing brains of young people.*

Vapes also contain ultrafine particles and chemicals that could be harmful to your lungs. And since vaping is relatively new, it is unknown how severe these harmful effects could be.

## Everyone is doing it, and they're all fine.

While it might seem like everyone is doing it, they aren't. About 10% of teens report using vapes, and remember, just because those who vape seem fine now doesn't mean they will be fine years down the road.

## I just do it occasionally. It's not a big deal.

Occasional use is still exposing you to highly addictive nicotine. Nicotine addiction happens fast—which can put you at risk for nicotine withdrawal when you are not able to vape. Symptoms of nicotine withdrawal include headaches, trouble sleeping, and irritability.

Vaping also makes you much more likely to use traditional cigarettes, which are the leading cause of preventable death worldwide.



For tips on how to say no to vaping, watch this short video.