

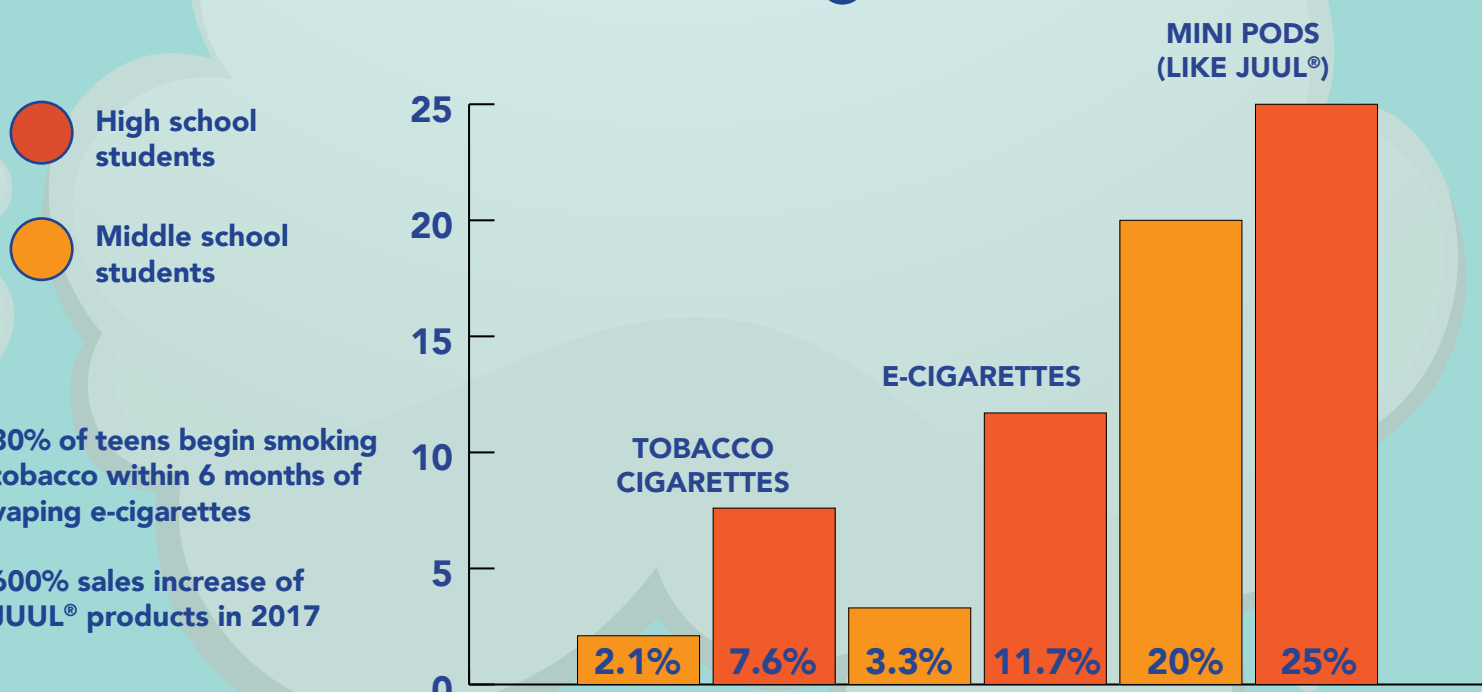
# The Scary Truth About Teen Vaping

Teens often believe that vaping or using electronic cigarettes is healthier than smoking tobacco.

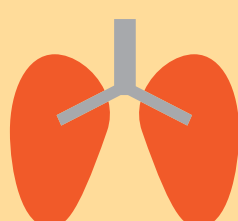
Get the truth.



## Who's Using What?



## How E-Liquids Affect the Body



- Lead to nicotine addiction
- Gateway to other addictive substances
- Depress immune system
- Prevent lungs from detoxing
- Increase risk of frequent infections



## Mini Pod & Vape 101 for Parents

- Looks like a USB or flash drive
- Recharges on USB port
- Has high concentration of nicotine
- Easy to hide & consume
- Many flavors appeal to teens
- Not harmless water vapor
- Highly & quickly addictive
- Often called JUULing



## What Are Teens Inhaling?

- Nicotine
- Propylene glycol, glycerin & other harmful chemicals
- Heavy metals (nickel, tin, lead, etc.)

## Nicotine Affects the Brain



Affects brain development



Creates addiction & causes cravings



Impacts memory



Slows concentration



Diminishes attention span



Decreases impulse control

Parents, call 1.800.QUITNOW for smoking cessation support for yourself and your teen.

Sources: National Youth Tobacco Survey, Campaign for Tobacco-Free Kids 2018, Centers for Disease Control and Prevention, National Institute on Drug Abuse