

# DO YOU KNOW ABOUT VAPING?

Your kid does.

E-cigarettes and vapor products are increasingly popular and accessible in Oklahoma – especially among youth – but do they know the dangers?



This is a JUUL, the most popular brand of e-cigarette. Kids often refer to vaping as “JUULing.”



## WHAT IS VAPING?

“E-cigs” or “vapes” are battery-powered devices that heat nicotine juice to create an aerosol, which is inhaled by the user. The juice is often stored in replaceable pods. These devices have deceptively sleek designs that look like everyday items and can be easily hidden. E-cigarettes have become the most commonly used tobacco product among U.S. middle and high school students.



## WHY IS IT DANGEROUS?

Vape juices often have dangerously high levels of nicotine. In fact, just one JUUL pod contains as much nicotine as 20 cigarettes.

- Nicotine can impair youth brain development, which continues until at least age 25.
- Young people who use e-cigarettes are up to seven times as likely to use other forms of tobacco.
- Aerosols from vaping contain cancer-causing chemicals and heavy metals.
- Vaping can cause throat irritation and worsen respiratory conditions like asthma, bronchitis and COVID-19.



## WHAT CAN YOU DO?

- Ask kids about e-cigarettes and warn of their dangers.
- Learn about the shapes and types of e-cigarettes and how to spot them.
- Keep the conversation going; it's important to talk often about the dangers of vaping.

## HOW TO SPOT NICOTINE ADDICTION?

- Mood swings
- Irritability
- Increased thirst
- Anxiety
- Nosebleeds
- Caffeine sensitivity
- Impulsivity
- Learning difficulties

**Talk to your doctor today to learn more about protecting youth from a lifetime of addiction.**

Need more resources to help protect our youth from e-cigarettes?  
Discover signs of vape use, terms to know, tips for talking about vaping and more at

**TOBACCO STOPS WITH ME.com**

