

DO YOU KNOW ABOUT VAPING?

Your kid does.

Vapes are increasingly popular and accessible in Oklahoma – especially among youth – but do they know the dangers?



This is an Elf Bar, the most popular vape brand among middle school and high school students. Their colorful, toy-like appearance is designed to target teens.



WHAT IS VAPING?

Vapes are battery-powered devices that heat nicotine juice to create an aerosol, which is inhaled by the user. These devices have deceptively sleek designs that look like everyday items and can be easily hidden. **Vapes have become the most commonly used tobacco product among middle and high school students.**



WHAT CAN YOU DO?

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

WHY IS IT DANGEROUS?

Vapes often have dangerously high levels of nicotine. **In fact, a 5% nicotine vape has around 50 mg of nicotine — double the amount of a pack of cigarettes.**

- Nicotine can impair youth brain development, which continues until at least age 25.
- Young people who use vapes 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 and bronchitis.



HOW TO SPOT NICOTINE ADDICTION?

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

Discover signs of vape use, terms to know, tips for talking about vaping and more at

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