

# DO YOU KNOW ABOUT VAPING?



**Your kid does.**

This is a JUUL, the most popular brand of e-cigarette. It heats up a cartridge containing addictive nicotine in flavored juice to create a smoke-like aerosol. JUULs are popular with young people – especially teens – for their sleek, flash drive-like design that makes it easy to hide from parents and teachers.



## But here are some things they don't know...

- JUULs, Puff Bars and other vapes contain **nicotine**, the same highly-addictive chemical that's in tobacco products.
- One JUUL pod contains as **much nicotine** as a pack of cigarettes.
- Nicotine can cause **mood swings, anxiety, impulsivity, irritability and learning difficulties** in young people.

## ...and a few facts everyone should know.

- Vaping among Oklahoma high school students has climbed from **16.4% to 27.8%** in just three years.
- **4 out of 5** kids who have used tobacco started with a flavored product.
- Kids report vaping as early as **12 years old**.

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

**TOBACCO STOPS WITH ME.com**

