

# TEEN VAPING: WHAT ARE THE RISKS?

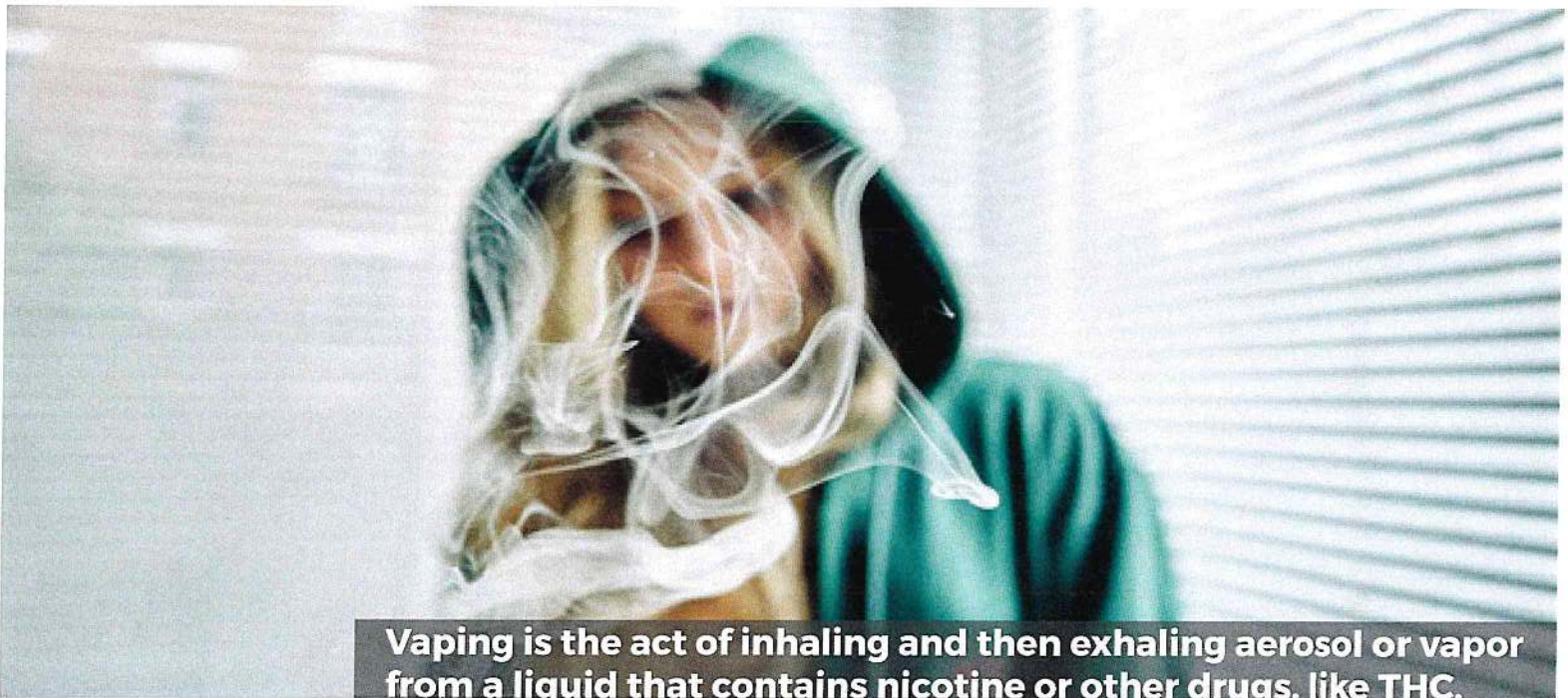
## SMOKING VS. VAPING

Originally marketed as a tobacco-free smoking cessation method, vaping has become increasingly popular, especially teen vaping among high school students. Unlike cigarettes, e-cigarettes don't smell like tobacco or marijuana and are easily disguised. Since they are easier to use without detection, people tend to vape more frequently than they would smoke cigarettes.

## TEEN VAPING

While it appears e-cigs like Juul are less harmful than cigarettes, they are exposing kids and teens to nicotine – one of the most addictive drugs – earlier with colorful customization options and flavors like mango and mint and breakfast cereal and rocket popsicle. These flavors have appealed to many young people and non-smokers. As a result, people who may not have started smoking have become dependent on nicotine. The use of any sort of tobacco products is extremely unsafe for adolescents.

If you are worried your child or teen might be using substances, one of the first things you should do is talk to them about it.



**Vaping is the act of inhaling and then exhaling aerosol or vapor from a liquid that contains nicotine or other drugs, like THC.**

## WHAT ARE THE SIDE EFFECTS OF VAPING?

- Insufficient evidence to suggest that e-cigarettes help smokers quit.
- The chemicals used in vaping can also contain cancer-causing compounds and harmful particles, leading to irreversible damages to health.
- Research shows indoor air quality decreases with the increased concentration of nicotine and other compounds that have been linked to lung and cardiovascular disease and cancer among other health effects.

## WHAT IS JUUL?

Juul is an e-cigarette company that's been marketed as an alternative to smoking, e-cigarette and vaping. However, Juuls are vapes and e-cigarettes. In fact, Juul pods contain an even stronger potency of nicotine than traditional vape devices. Juul devices are also easily concealable, making them hard to spot. Their appearance is often compared to a USB drive, and they can easily fit into a small pocket.