

The Scary Truth About Teen Vaping

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

Get the truth.



The State of Vapes

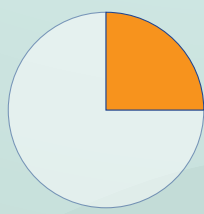
Current Use

2.13 million

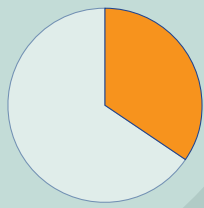
7.7% of students (2.13 million) reported current use of e-cigarettes.

10.0% (1.56 million) high school students and 4.6% (550,000) middle school students reported current use of e-cigarettes.

Frequency of Use

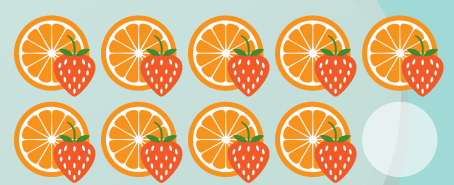


More than 1 in 4 (25.2%) of current youth e-cigarette users use an e-cigarette product **every day.**



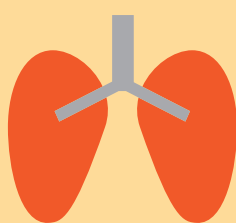
More than 1 in 3 (34.7%) youth e-cigarette users report using e-cigarettes **at least 20 of the last 30 days.**

Flavor Use

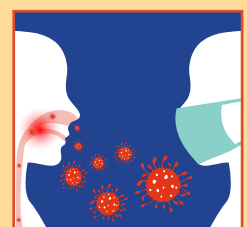


Almost 9 out of 10 current e-cigarette users (89.4%) used flavored e-cigarettes, with fruit flavors being the most popular, followed by candy, desserts, or other sweets, mint and menthol.

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 2023, Centers for Disease Control and Prevention, National Institute on Drug Abuse

njhealth.org

1.877.CALL NJH (1.877.225.5654)

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