

Vaping NICOTINE or MARIJUANA ...

WHAT YOU SHOULD KNOW

- 1** E-cigarettes contain addictive drugs such as tobacco or THC. These chemicals can harm your brain, which continues to develop until you're about 25 years old. The brain is the last organ to fully develop, and you only have one brain!
- 2** E-cigarettes allow the user to exhale clouds that many think are just "harmless water vapor". Actually, an e-cigarette heats tobacco, THC, or other flavorings to create an aerosol which is emitted and can be harmful to your health and to those around you.
- 3** Vaping is linked to lung illnesses and death (EVALI - E-cigarette and Vaping Associated Lung Injury). Types of illnesses include Popcorn Lung, Lipoid Pneumonia, and Collapsed Lung. Inhaling the chemicals contained in e-cigarettes can cause irreversible lung damage.
- 4** Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries. Don't assume an e-cigarette device is safe.
- 5** Big companies attract youth to vaping through marketing ads featuring independence, rebellion, and celebrity figures. Many e-cigarettes contain fruit, candy, alcohol or other flavors that youth find attractive and interesting.

RESOURCES



TEEN.SMOKEFREE.GOV



TRUTHINITIATIVE.ORG



SMOKESCREENGAME.ORG

**PUTS YOUR
FUTURE UP IN
SMOKE.**

**MORE THAN
2.5 MILLION
U.S. YOUTH
ARE USING
E-CIGARETTES**

**1 IN 7
HIGH SCHOOL
--- AND ---
1 IN 30
MIDDLE SCHOOL
STUDENTS**

**44%
ARE VAPING AT
LEAST 20 DAYS
A MONTH
28%
EVERY DAY**



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