

Electronic Cigarettes Tip Sheet

E-cigarettes are a rapidly emerging product. These devices, also known as “e-cigs” and “vape pens,” recognized under brand names such as Juul, Blu and Halo, are delivery systems for nicotine, flavorings, and other additives in liquid form. The battery-powered device heats the liquid into an aerosol that the user inhales. The vapor exhaled can be odorless. E-cigarettes are now the most commonly used tobacco product among youth and come with many concerns.

- The brain is not fully developed until the age 25. This puts youth and young adults at risk for long-term, long-lasting effects when they expose their developing brains to nicotine. These risks include nicotine addiction, mood disorders, and permanent lowering of impulse control.
- Delivered in high doses, nicotine can be lethal. Ingestion of e-cigarette liquids (e-juice) containing nicotine can cause acute toxicity and possibly death if the contents of refill cartridges containing nicotine are consumed.
- E-cigarette use among youth and young adults is strongly linked to the use of other tobacco products, such as traditional cigarettes, cigars, hookah, and smokeless tobacco.
- Some evidence suggests that e-cigarette use is linked to use of alcohol and other substances such as marijuana. E-cigarette products can be used to deliver other drugs including marijuana.
- Due to longer inhalation puffs required to generate the vapor with e-cigarette use, it is believed that up to 100 times more smoke is inhaled, thereby exposing an individual to large amounts of nicotine and other chemicals. The inhalation of e-juice additives exposes a user to several **harmful chemicals**, including, formaldehyde, acrolein, benzene, and metals like nickel and lead.

Informing teens of the dangers of nicotine and other inhaled chemicals helps them make an educated decision to say “no” to e-cigarettes and other tobacco products. To do that, we have to understand the dangers ourselves. The Surgeon General has created a great resource for parents, Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents. Here are just a few of those tips:

Before the talk get credible information about e-cigarettes and young people. Avoid criticism and encourage an open dialogue. Set a positive example by being tobacco-free.

Start the conversation in a natural way to increase the likelihood that your teen will listen. Rather than saying “we need to talk,” you might ask your teen what he or she thinks about a situation you witness together. Resist giving a lecture, criticism or judgment of their friends or parents.

Keep the conversation going even if you feel like they aren’t listening, they really are. The Partnership at Drugfree.org reports youth who learn about the risks of drugs or alcohol from their parents are 50% less likely to use drugs or alcohol than those who do not.

Resources (Click each resource for more information)

- Surgeon General
- Food and Drug Administration
- National Institute on Drug Abuse
- The Power of Choice
- Campaign for Tobacco-Free Kids
- Centers for Disease Control and Prevention
- The Center for Tobacco Policy and Organizing
- Vaping and E-cigarette Podcast