



## VAPING: E-CIGARETTES AND YOUTH

### WHAT IS VAPING?

Vaping refers to the use of electronic cigarettes (e-cigarettes) or other devices that heat a liquid to create a vapor, which is then inhaled. E-cigarettes do not create harmless “water vapor” – they create an aerosol that contains harmful chemicals which can include nicotine, heavy metals, and other toxic chemicals.



### WHAT DO E-CIGARETTES LOOK LIKE?

- E-cigarettes come in many shapes and sizes. Some look like regular cigarettes, cigars, or pipes. Larger e-cigarettes such as tank systems – or “mods” – do not look like other tobacco products.
- Some e-cigarettes look like other items commonly used by youth, such as pens, highlighters and other everyday items. New e-cigarettes shaped like USB flash drives are popular among youth, including JUUL and the PAX Era, which looks like JUUL and delivers marijuana.

### EXAMPLES OF E-CIGARETTES



# Why Is Vaping a Concern?

## Health Risks

- Aerosols can contain nicotine, heavy metals, and cancer-causing agents.
- Aerosols have high concentrations of ultrafine particles, which may worsen respiratory conditions and constrict arteries.
- Nicotine is highly addictive.
- Vaping causes impaired youth brain development and learning, memory, and attention can be impacted.
- The concentration of nicotine in e-liquid solutions can cause overdosing or poisoning.

## Popularity Among Teens

- Many e-cigarettes are designed to appeal to youth, with sweet flavors and sleek, discreet designs.
- Studies show a significant increase in teen vaping, partly due to misconceptions about its safety.

## Behavioral Impact

- Nicotine addiction can lead to mood swings, difficulty concentrating, and increased likelihood of using other substances.



## How to Talk to Your Child About Vaping

As a parent or caregiver, you have an important role in protecting children from e-cigarettes and discussing the dangers of vaping with them.

### Start Early and Be Open

Ask questions like “What have you heard about vaping?” to encourage dialogue.

### Share Facts, Not Fear

Explain the risks of vaping in a calm, non-judgmental way.

### Focus on Their Health and Goals

Frame discussions on how vaping could impact sports, academics, or their future.

## RESOURCES! For more information check out:

1. [The Truth Initiative](#)  
Comprehensive information on vaping and how to help teens quit.
2. [The American Lung Association](#)  
Guides for parents to talk to kids about vaping and its dangers.
3. [CDC: Protecting Youth from Vaping](#)  
Reliable facts about vaping trends and health effects.
4. [Quit Now Indiana](#)  
The frontline tool for Hoosiers who want to break their nicotine addiction.



1



2



3