

Talking About Vaping

What is a vape? - Vapes (aka e-cigarettes) are electronic devices used to inhale an aerosol. When a user puffs on the mouthpiece, a battery heats up the liquid or pod contained inside the device. When heated, the liquid becomes an aerosol that is then inhaled into the lungs.

"It's much safer than cigarettes!"

"Vape juice is just flavored water!"

"It's not addictive!"

"What's the big deal"

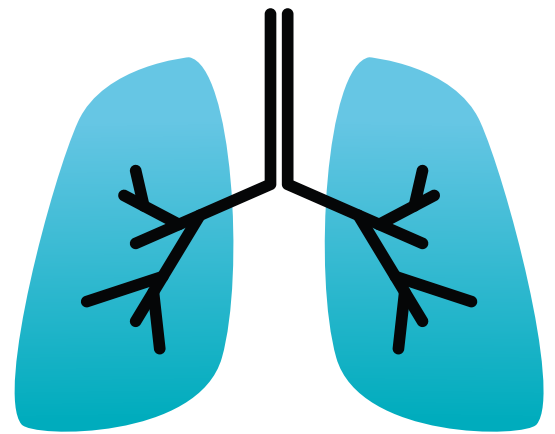
"Vapes don't have nicotine"



Is Vaping Safer than Traditional Cigarettes?

Although vapes haven't been around as long as traditional cigarettes, there is a lot we do know about vapes & vaping that can help us answer the question.

Vape liquid contains **hundreds** of chemicals, like artificial flavors, heavy metals & other contaminants, many that are known to cause cancer and other serious health problems.



What is the one thing your lungs are meant to take in?



Is it Addictive?

Virtually ALL vapes contain **nicotine**, the same addictive chemical derived from the tobacco plant and found in traditional cigarettes. Nicotine is highly addictive, affecting the reward center of the brain which encourages increased nicotine use.

Because their brains are still developing ...

- teens are more vulnerable to **nicotine addiction**,
- teens who vape are more likely to **smoke** traditional cigarettes and **use other drugs** than teens who don't.
- nicotine use by teens causes short- and long-term **negative effects on parts of the brain** that control memory and learning.



One JUUL pod contains 50mg of nicotine - the same amount found in an entire pack of cigarettes.

Talking About What You Know

1. Nicotine is highly addictive.

Circle your answer.

True or False

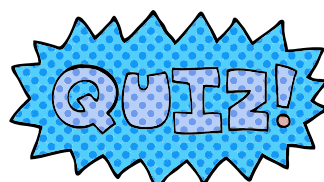
2. One JUUL pod contains the same amount of nicotine as how many packs of cigarettes?

a. 1/2 b. 2 c. 1 d. 0

3. "Vape juice" is just flavored water:

True or False?

4. Nicotine causes negative effects on parts of the brain that control what?



Talking With Your Grown Ups About Tobacco 21

As of February 2020, it is now illegal for a retailer to sell any tobacco product—including cigarettes, cigars, and vapes — to anyone under the age of 21.

- Why do you think this law was passed? Think about what you've learned about the effects of nicotine on teens.
- Do you think fewer kids will start vaping as a result of Tobacco 21?
- What else could be done to prevent kids from vaping?

Share your ideas here: _____
