



Know the Facts: E-Cigarettes & Vaping

Teen Edition



WHAT IS VAPING?

Vaping is when you inhale and exhale aerosol using a device called a vape or e-cigarette, similar to smoking a cigarette. E-cigarettes contain more than 60 different chemicals, NOT just water vapor, and some of which are known to be toxic and cancer-causing.

CAN I GET ADDICTED TO E-CIGARETTES?

E-cigarettes contain a highly addictive chemical called nicotine. In the United States, there are no legal limits to the amount of nicotine that can be added into these products. If you think that you or someone else might be addicted here are signs to look out for:

- Having to **"go to the bathroom"** several times during class
- Feeling **irritable** or easily **frustrated**
- **Asking** for **money** or **spending more** money than usual
- **Losing composure** when you can't find your vape
- **Always** carrying your vaping device or **automatically** reaching for it

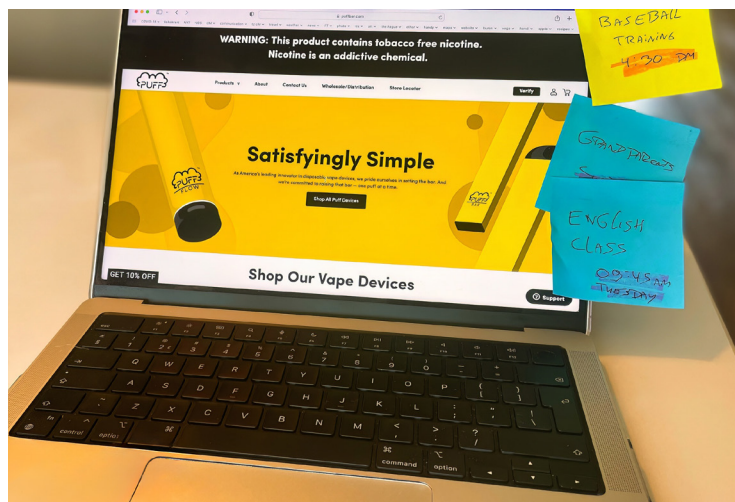


BIG TOBACCO IS TRYING TO TRICK YOU

The tobacco industry spends about one million dollars per hour marketing tobacco products towards youths. You might see ads for e-cigarettes on social media, billboards, gas stations, etc.

Marketing strategies include:

- Advertising discounts on **social media**
- Using themes **targeted towards teens**
- Advertising their products as a **"stress reliever"**
- Promoting **appealing flavors**



E-cigarette website that advertises vape pen as "satisfyingly simple."

WAYS TO SAY NO IF I AM OFFERED A VAPE

1. Say **"NO THANKS"**
2. **Give an excuse**
3. **Walk away**
4. **Change the subject**
5. **Use humor**

VAPING CAN MAKE YOUR MENTAL HEALTH WORSE

You may believe e-cigarettes improve mental health, but they can actually increase the risk of panic attacks, depression, hot flashes, fainting, insomnia, slurred speech, and fatigue.

Stress is a natural part of life and e-cigarette companies advertise their products as a stress reliever to make them more appealing to you.

There are healthier ways to improve your mental health and stress, which include:

- **Journaling**
- **Going for a walk**
- **Exercising**
- **Talking to a trusted person in your life**
- **Listening to music**
- **Art**



I WANT TO QUIT, WHERE DO I START?

It is never too late to quit vaping, here are some tips if you are thinking about quitting.

Make a Plan

Plan a date you want to quit. Know when you have cravings, and focus on things you are passionate about (sports, singing, writing, art, etc.)

Have a Support System

It is always okay to ask for help; tell at least one supportive person about your plan (friend, parent, teacher, sibling, etc.)

Be Patient with Yourself

It takes most people a few times to quit vaping and that's okay. If you find yourself craving to vape, think of different ways you can help yourself quit.

FAQ'S

Can you become addicted after vaping just once?

Yes. Nicotine can rewire your brain, making your body dependent on the substance and making it easier to become addicted to other drugs. Teenagers are more prone to addiction since their brains aren't fully developed.

What if I only vape occasionally or when I am with my friends?

Vaping only with friends or in social settings is called “social smoking”. When you only vape with your friends, you associate them with vaping. If you start to notice this, consider some other activities you can do with friends (grab food, go to the movies, go shopping, play sports, etc.)

Is smoking cannabis better?

Using cannabis can have harmful effects on teenagers' developing brains. Many cannabis vaping products have harmful and cancer-causing chemicals. If you buy cannabis from informal sources, you don't know what other harmful chemicals have been added.

Informal sources include:

- **Friends**
- **People online**
- **Family members**

NICOTINE IN E-CIGARETTES IS EQUAL TO...



RESOURCES

Text DITCHVAPE to 88709

Visit RespHealth.org/quit-vaping-resources for more information.

Respiratory Health Association offers vaping education for students, school staff, and parents. Please contact info@RespHealth.org for more information.

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