



## Facts you should know about “Vaping”, E-Cigarettes, JUUL’s and Youth



- ❖ Products vary in their look, and can look like other items we may use regularly (pens, jump/flash drives). Currently, the *most popular device is the JUUL*, which looks like a jump drive.
- ❖ Many youth do not know what is in the “e-juice/e-liquid” that they are inhaling.
  - Typically, these products contain nicotine, flavorings and other chemical additives. Nicotine levels vary by product.
  - Flavoring like fruit and candy strongly appeal to kids.
- ❖ It’s easy to conceal electronic devices from parents and school staff. The aerosol dissipates quickly and does not smell the same as traditional tobacco products; they often have little smell, so it is easier to “vape” and not get caught.
- ❖ **Be Aware:** Marijuana in a concentrated form can be used in these electronic devices as well.
- ❖ Ways to help **keep your child safe and healthy...**
  - ✓ Educate yourself.
  - ✓ Have conversations often.
  - ✓ Listen to their perspective.
  - ✓ Set clear expectations and follow through.
  - ✓ Teach refusal skills.
  - ✓ Talk with other adults – it’s a community effort.



***Nicotine is addictive, especially to the developing adolescent brain.***



***To learn more:***

[Teen Vaping Trends](#)

[Tobacco Free Kids- Factsheets](#)

[Kids Vaping Marijuana](#)