

# 5 THINGS YOU NEED TO KNOW ABOUT VAPING IN 2019





Teen nicotine use has skyrocketed in recent years, especially in the form of e-cigarettes, also known as vaping. According to the 2018 National Youth Tobacco Survey, there was a 78% increase amongst high schoolers and a 48% increase amongst middle schoolers who used e-cigarettes. These rates accounted for 1.5 million more students using e-cigarettes in 2018 than 2017. In fact, rates have risen so much and so quickly that in December 2018, the FDA declared teen vaping an epidemic. With all the conflicting messages about vaping out there, it's important to know the facts.



Here's 5 things you need to know about vaping in 2019:

## #1. MOST FORMS OF VAPING CONTAIN NICOTINE.

Electronic cigarettes, or e-cigarettes, are battery-powered devices that heat up e-liquid into an aerosol that's inhaled by the user. Many teens believe the e-liquid only contains water and flavoring and are attracted to flavors like mint or bubble gum. However, in addition to nicotine, e-liquid can contain many other harmful substances. Certain brands, such as JUUL, can even contain the same amount of nicotine in a pod as there is in a pack of cigarettes.





## #2. VAPING DEVICES ARE EASILY CONCEALABLE.

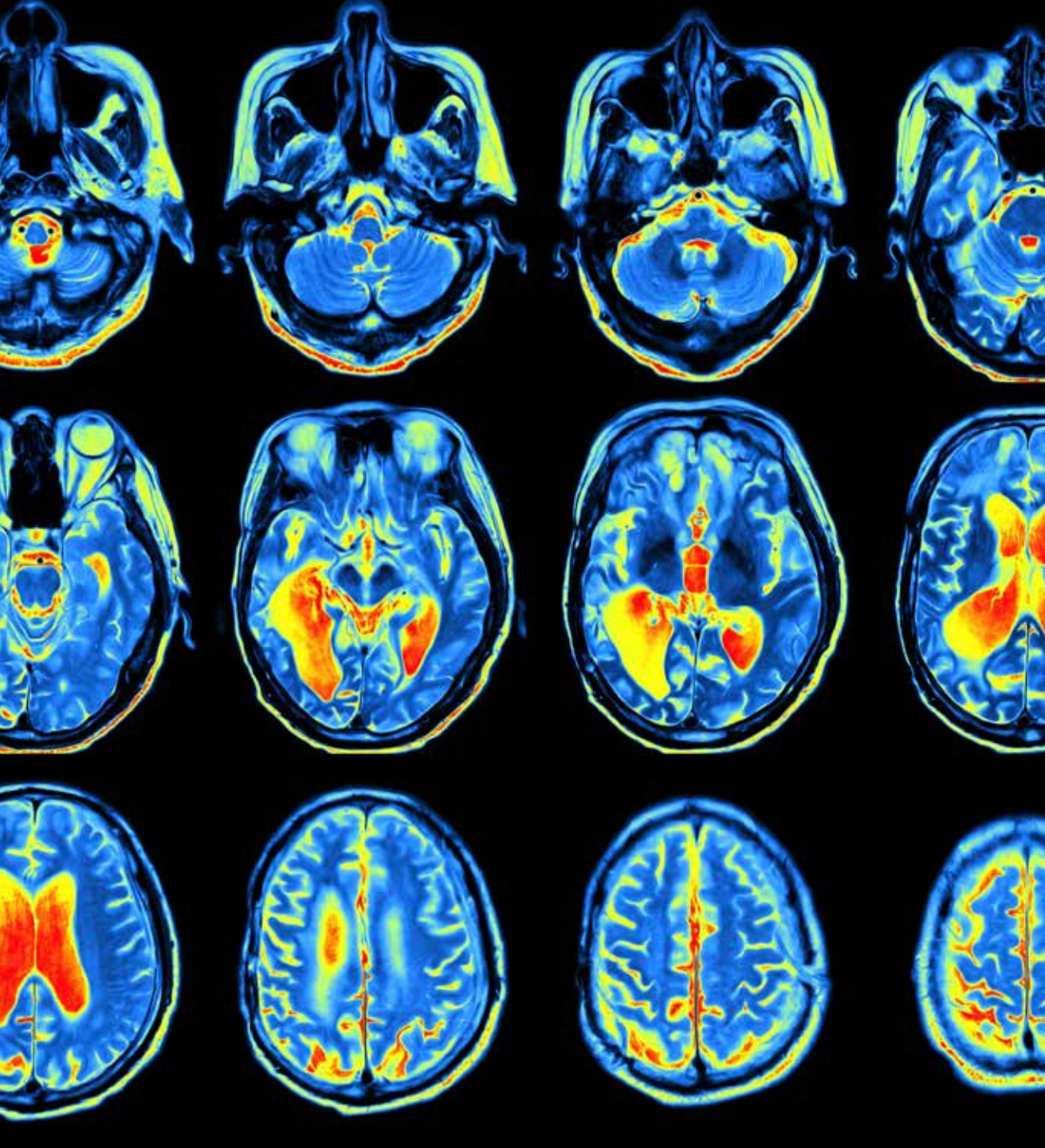
Vaping devices have many names: vape, vape pen, e-cigs, e-cigarette, e-hookahs, mods, tank systems and many more. They are easily concealable and can be mistaken for a thumbdrive. Many of them can also be charged through the USB port on computers, adding to the illusion. Some do not give off very much smoke, making them even harder to detect. The picture to the left depicts a common vaping device.

### #3. TEENS UNDERSTAND SMOKING IS BAD, BUT THINK VAPING ISN'T.

Most teenagers have been warned about the dangers of cigarettes their whole lives, but not about vaping. Vaping is marketed as a “safe, trendy” alternative to smoking cigarettes. Teens see their peers vaping and want to fit in. And at first, they don’t see many health effects, so they keep vaping because it seems like the cool thing to do. They rationalize it as “something that everyone just does.” It’s not until later that teens realize the effects vaping can have, and at that point, many of them are already hooked.







#### #4. VAPING NICOTINE NEGATIVELY AFFECTS DEVELOPING BRAINS.

Nicotine exposure during adolescence can disrupt the development of parts of the brain that control attention, learning, and susceptibility to addiction. It can also cause long-term structural and functional changes. And while teenagers might not notice any changes in their behavior, it's obvious to the adults around them. Students who are dealing with cravings or addiction can be very distracted and jittery. They may have a harder time paying attention or learning new things. Nicotine use may also cause mood-related disorders, like depression, fear, or anxiety.



## #5. VAPING INCREASES THE LIKELIHOOD ADOLESCENTS WILL SMOKE CIGARETTES LATER ON.

Although most young people do not like the idea of smoking because of its side effects, studies show that teens who vape are much more likely to smoke traditional cigarettes. According to a recent national survey, nearly half of the youth who used e-cigarettes said they had intentions to use traditional cigarettes in the future, compared with only 22% who had never used e-cigarettes. Research also suggests that early nicotine use can serve as a gateway to addiction to other drugs and lead to addictive behaviors later on.



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