

TIPS *for* TEENS

E-Cigarettes THE TRUTH ABOUT E-CIGS

SLANG: E-CIGS • E-HOOKAHS • VAPE PENS • VAPES • TANK SYSTEMS • MODS • CARTS



Get The Facts

E-CIGARETTES ARE A WAY TO INHALE NICOTINE AND MARIJUANA.

The aerosol emitted can also contain other harmful substances, including heavy metals such as lead, volatile organic compounds, and cancer-causing agents.

E-CIGARETTES COME IN MANY SHAPES AND SIZES.

Some resemble pens, USB sticks, and other everyday items. Larger devices such as tank systems, or “mods,” do not resemble other tobacco products.

E-CIGARETTE USE HARMS THE DEVELOPING BRAIN.

E-cigarettes typically deliver nicotine, harmful drug to the young brain and body. Teens are particularly vulnerable to the effects of nicotine since the brain is still developing during these years and through young adulthood. Nicotine is addictive because it affects the brain’s reward system, which is a primitive part of the brain that’s designed to reinforce positive behaviors. Most people who start using nicotine younger are more likely to develop nicotine dependence and have trouble quitting in adulthood.

Q&A

AREN'T E-CIGARETTES SAFER THAN SMOKING CIGARETTES OR USING SMOKELESS TOBACCO?

Regular cigarettes are extraordinarily dangerous, killing half of all people who smoke long-term. However, youth use of tobacco products in any form is unsafe, including e-cigarettes. More research is needed to fully understand their impact on health.

CAN'T E-CIGARETTES HELP ME QUIT SMOKING REGULAR CIGARETTES?

E-cigarettes may help non-pregnant adult smokers if used as a complete substitute for all cigarettes. However, there is no conclusive evidence that using e-cigarettes helps someone quit smoking for good. The U.S. Food and Drug Administration (FDA) has approved seven “quit aids” for quitting smoking, but e-cigarettes are not currently one of them.

AREN'T E-CIGARETTES USED MORE OFTEN BY ADULTS, NOT YOUTH?

Youth are more likely than adults to use e-cigarettes. In 2018, more than 3.6 million U.S. middle and high school students used e-cigarettes in the past 30 days, including 4.9 percent of middle school students and 20.8 percent of high school students.

Learn More:

Get the latest information on how drugs affect the brain and body at teens.drugabuse.gov.

TO LEARN MORE ABOUT E-CIGARETTES, CONTACT:

SAMHSA
1-877-SAMHSA-7
(1-877-726-4727)
(English and Español)

TTY 1-800-487-4889
www.samhsa.gov



A note on harm reduction:

Harm reduction can help manage the risks and benefits of using substances (alcohol, drugs) for personal health.

Harm reduction does not encourage drinking or substance use, especially if you are underage. Harm reduction acknowledges that there are ways young people can and might reduce harm if using substances

Harm reduction helps us understand how to best take care of our personal and community health while still acknowledging that not everyone will refrain from using substances altogether. For more resources on harm reduction, please visit, <https://www.release.org.uk/drugs-health-advice>