

# TIPS FOR PARENTS

## Electronic Cigarettes (E-cigs, Juul's, Vape Pens)

According to the CDC, in 2023, 2.1 million students reported using e-cigarettes. Of those students, 10% were in high school and 4.6% were in middle school. 1 in 4 (25.2%) of students used an e-cigarette every day.

63.9% of students who currently used e-cigarettes reported wanting to quit, according to the CDC.

### What is an e-cigarette?

A battery-operated device that heats liquid into an aerosol for users to inhale. The devices come in various shapes and sizes.

### What is inside of an e-cigarette?

They usually contain nicotine although not always. The flavors added can cause health problems. Some contain diacetyl, which can damage lungs. Other flavorings can contain chemicals which may increase the risk of cancer. Users have also reported using marijuana or tetrahydrocannabinol (THC) in the device.

When it comes to adolescents, repeated use of e-cigarettes containing nicotine can lead to nicotine addiction or increase the risk of addiction. Nicotine can cause damage to the parts of the adolescent's brain that controls attention, learning, mood, and impulse control.

Poisonings can occur from the nicotine and e-cigarette liquid if someone drinks it, spills it on the skin, or breaths too much vapor.

The batteries used in e-cigarettes can result in fires and explosions.

## What can you do?

- ◆ Start the conversation with your child about e-cigarettes.
- ◆ Advise them of the risks/dangers.
- ◆ Discourage tobacco use, including e-cigarettes.
- ◆ Teach by example-be tobacco free.
- ◆ Store e-cigarette products & refills up, away, and out of sight of kids.



CDC. (2024, May 15). *E-Cigarette Use Among Youth*. Retrieved August 8, 2024, from [https://www.cdc.gov/tobacco/e-cigarettes/youth.html?s\\_cid=OSH\\_emg\\_GL0001&gad\\_source=1&gclid=CjwKCAjw\\_ZC2BhAQEiwAXSgClm12ing0PKOU2ahHqtVPRkyvolmsyLMLLPkNNx9gw8pN5csCNQj7nhoC31MQAvD\\_BwE](https://www.cdc.gov/tobacco/e-cigarettes/youth.html?s_cid=OSH_emg_GL0001&gad_source=1&gclid=CjwKCAjw_ZC2BhAQEiwAXSgClm12ing0PKOU2ahHqtVPRkyvolmsyLMLLPkNNx9gw8pN5csCNQj7nhoC31MQAvD_BwE)

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