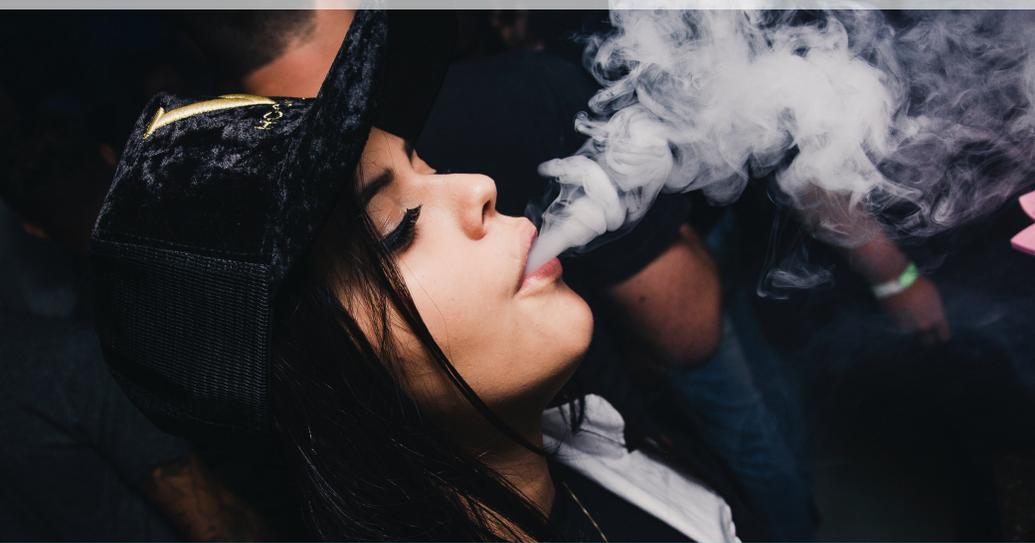


Parents: How much do you *really* know about e-cigarettes?



Vaping is highly addictive due to nicotine, which is bad for your children's brains.

Vaping devices can be hacked to smoke illicit drugs and may lead to harder use.



Yes, that's actually a vaping device designed to look like a flash drive, made by "Juul."

Your children are being targeted by big tobacco and e-cigarette companies.

So-called "vapors" are actually aerosols that contain 10+ carcinogens and harmful metals.



Keep reading!

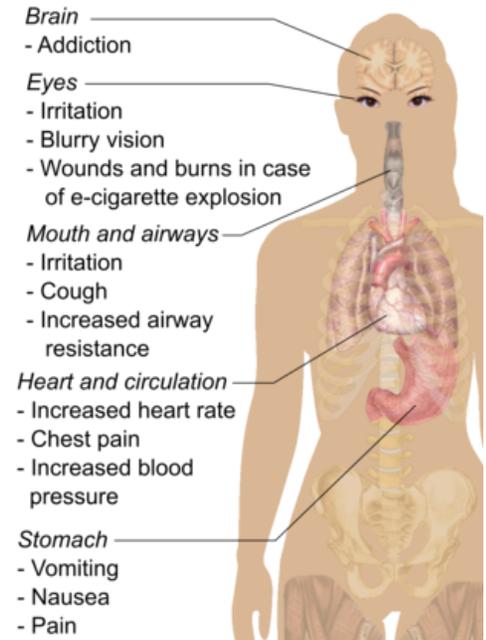
Vaping / Juuling / E-Cigarette Smoking

What You Need to Know as a Parent

- **Electronic cigarettes** have many names: E-cigs, EC (Electronic Cigarettes), ENDS (Electronic Nicotine Delivery System), Vape Pens, Hookah Pens, and Mods. Smoking e-cigs is often called "vaping" or "Juuling."
- **All** e-cigs in their **many forms** are tobacco products, **NOT** tobacco cessation products.
- E-cigs contain nicotine which is highly addictive. **One Juul e-cig pod has as much nicotine as a pack of cigarettes.**
- 59% of tobacco users who attempted to switch to e-cigs became **dual users**.
- E-cig aerosol is **not** a harmless water vapor; it contains harmful chemicals, at least 10 of which are **carcinogens**. When exhaled, this **aerosol** harms those near the user, too.
- Flavored e-cigs can cause **respiratory** disease including asthma when inhaled.
- E-cig use among youth is strongly **connected** with use of other tobacco products (regular cigarettes, cigarillos, cigars, hookahs, and smokeless tobacco).
- Around 3 out of 5 high school **smokers** also use e-cigs.
- E-cig use has been connected to **alcohol use**, and other substances such as **marijuana**. Some e-cig products can also be used to smoke forms of marijuana.
- The brain is still developing until the age of 25. E-cigs **negatively** affect brain development in teens and young adults.
- E-cig manufacturers **target** youth using marketing strategies. Convenience stores heavily advertise e-cigs by placing them where they know youth will see their product.
- **Social media** and celebrity endorsement also influence use of e-cigs



Adverse effects of vaping



Be aware! Observe, engage, and be proactive with youth!

There is **free** assistance for Hoosiers 13 yrs. and older who want to quit tobacco. It's called The **Indiana Tobacco Quitline**. Call **1-800-QUIT-NOW** for help. For local assistance contact **Tobacco Free Hendricks County** at (317) 828-9248 or email: tfhendricksco32@hotmail.com

References include: the Center for Disease Control & Prevention, the National Academies of Sciences, Engineering, and Medicine, the American Nonsmokers Rights Foundation, the Partnership for Drug-Free Kids, the Center On Addiction, and LendEDU. Sponsored and produced by: the Hendricks County Health Partnership & the Tobacco Free Coalition of Hendricks County.