

What Are E-cigarettes?

E-cigarettes are battery-operated devices designed to deliver nicotine, flavorings and other chemicals to users. E-cigarettes work by heating liquid, which creates an aerosol that users inhale. The aerosol contains nicotine and flavorings.

E-cigarettes may also be called e-cigs, vaporizers, vapes or JUULs. Using an e-cigarette is called vaping or JUULing. The liquid that e-cigarettes heat can be called e-liquid, e-juice or pods. E-cigarettes are now the most popular form of tobacco among youth.

Because e-cigarettes were first sold in 2007, scientists do not yet know the long-term health effects of e-cigarettes. Though e-cigarettes may appear to be less dangerous than traditional cigarettes, e-cigarettes are still addictive and can harm your health.

E-cigarettes come in many shapes and sizes

E-cigarettes come in many shapes, sizes and colors. Unlike cigarettes, e-cigarettes create a fruity or sweet odor which may make it harder to tell if someone is using them.



E-cigarette vapor contains cancer-causing chemicals

Many people believe that e-cigarette aerosol is “just harmless water vapor.” This

is not true. E-cigarette aerosol contains nicotine, heavy metals, formaldehyde and other cancer-causing chemicals. Many ingredients in e-liquid are dangerous to inhale into your lungs.

Nicotine is very addictive

Nicotine is a highly addictive drug. When people smoke or vape, nicotine enters the bloodstream and then passes into the brain. When individuals are addicted to nicotine their brains will crave more nicotine, leading to increased use. Nearly all e-cigarettes contain nicotine.

Nicotine may harm brain development in youth

No amount of nicotine is safe for youth. Human brains go through a critical period of growth and development during the teen years. During this period, it is easier for children and teens to become addicted to nicotine. Exposure to nicotine during the teen years can cause problems in learning, memory and attention. Using e-cigarettes could lead to youth using other tobacco products, like cigarettes, that contain nicotine.

E-Cigarettes target youth

E-liquid comes in fruity and sweet flavors which are attractive to youth. E-cigarette makers target their advertisements to youth. Examples include placing ads on social media and using sexualized images.

Talk to the youth in your life

Talk to the youth in your life about using e-cigarettes.

- Tell youth honestly and directly that you do not want them to vape.
- Explain to youth that e-cigarettes are harmful to their health.
- Explain to youth that nicotine is a drug and very addictive.
- Discuss ways to respond to peer pressure to use e-cigarettes.
- Encourage youth to walk away from friends who do not respect their reasons for not using e-cigarettes.
- If you find a youth using e-cigarettes, avoid threats; instead, ask questions and find out why they are using e-cigarettes.