

More Information

Surgeon General



www.hhs.gov/surgeongeneral

Centers for Disease Control and Prevention



www.cdc.gov

Department of Public Health



www.portal.ct.gov/DPH

U.S. Food and Drug Administration



www.fda.gov

VAPING

Facts Parents Should Know

To scan, download a QR reader app to your smartphone, and use the app to scan the code (📱).

Quitline

1.800.784.8669

1.800.QUITNOW

For help & resources when you're trying to quit.

¹ <https://e-cigarettes.surgeongeneral.gov/documents/surgeon-generals-advisory-on-e-cigarette-use-among-youth-2018.pdf>

² <https://e-cigarettes.surgeongeneral.gov/getthefacts.html>



Myths vs Facts

Myth: Vaping isn't that common.

Fact: In 2018, more than 3.6 million youths used vaping devices. This includes 1 in 5 high school students and 1 in 20 middle school students. For high school students, vaping increased 78% between 2017 and 2018.¹

Myth: I don't smoke or vape so my kids aren't exposed to information about vaping.

Fact: Companies target young people with ads on social media, YouTube channels and in magazines, much like tobacco was marketed to previous generations. Companies also use sweet flavors to target youths. In 2018, more than 5 in 10 middle and high school students reported seeing advertisements.

Myth: Vapes can be nicotine-free, so that makes them safe, right?

Fact: No, many vapes contain nicotine. Some cartridges or "pods" contain as much nicotine as a pack of cigarettes. The aerosol inhaled can contain toxic chemicals like formaldehyde, heavy metals, benzene—found in car exhaust, and flavoring like diacetyl—a chemical linked to lung disease.

Myth: If my kids were vaping, I'd recognize vaping devices.

Fact: Many vaping devices don't look like something used for smoking. One of the most commonly sold devices looks just like a USB "flash" drive. Vaping devices can be used for nicotine, marijuana, alcohol or flavors.

Myth: If my kids were vaping I would smell it on their clothes.

Fact: Because vaping uses a battery to heat up a liquid and turn it into an aerosol, it can be virtually odorless.²

Myth: My kids are too young to buy devices or the juice (vape juice), so I don't have to be concerned right now.

Fact: Some kids purchase vapes and supplies online, from convenience stores, or obtain them from older friends or family members.

Myth: My kids can't afford it. Vaping is expensive—just like smoking cigarettes.

Fact: The average cost of a vape starting kit is about \$35-40. The oil pods can cost around \$5, which actually makes it cheaper than smoking traditional cigarettes.



TALK TO YOUR TEEN ABOUT THE RISKS OF VAPING

- Know the facts about vaping and the risks of secondhand vaping.
- Set the tone for a discussion instead of a lecture. Practice the conversation.
- If needed, enlist another trusted adult to reinforce your message.
- Ask what your child(ren) already know about vaping.
- Start a conversation when you see or hear a news story about an injury, illness, or death from vaping.
- For more information, see the back of this brochure.