

# VAPING and TEENS



## WHAT IS VAPING?

“E-cigs” are a vaporizing devices that heat up a liquid made of nicotine, flavorings, and other chemicals. The liquid turns into vapor, which is then inhaled, or “vaped.”

Vaping use is skyrocketing amongst teens, who are being targeted by an industry funded by old tobacco and are more susceptible to its effects.

Unlike regular cigarettes, e-cigarettes are poorly-regulated and pose unique dangers. In only a few years vaping has become the most significant threat to teenager health in the U.S.

A new trend in vaping, “dripping,” is a do-it-yourself method of creating and vaping liquids and has significantly increased the dangers of vaping.

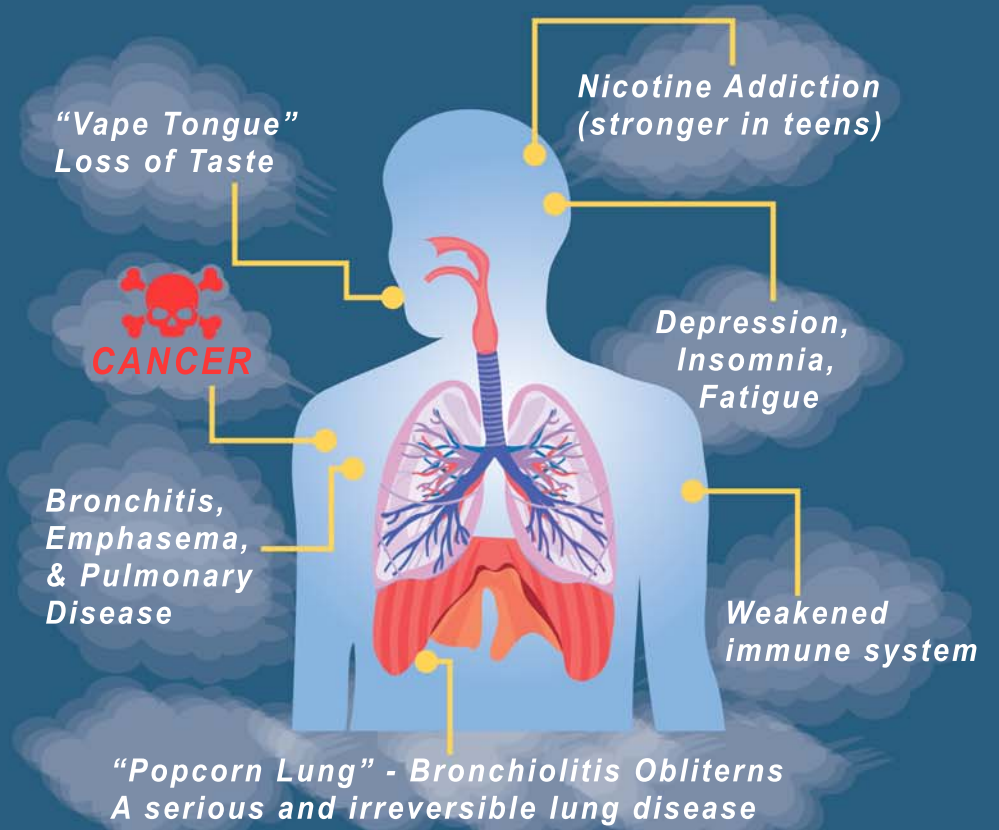


## MYTHS ABOUT VAPING

### Blowing Smoke...

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|---|---|
| <b>Myth</b><br>Vaping prevents or cures smoking | <b>Fact</b><br>Vape users are much more likely to begin smoking and use harder drugs                                |
| <b>Myth</b><br>Vaping is nicotine free          | <b>Fact</b><br>Almost all vaping liquids contain nicotine. Liquid nicotine is toxic.                                |
| <b>Myth</b><br>Vaping is safer than smoking     | <b>Fact</b><br>Vaping nicotine is as addictive as heroin and cocaine and can cause cancer the same as smoking does. |

## HEALTH RISKS OF VAPING



## VAPING BY THE NUMBERS

**\$3 billion** Vaping Industry

**2 million+** Teen users

**81%** Teens who vape for flavors

**1,000%** Increase in teen vaping 2011-2015

**90%** Adult smokers who started as teenagers

**23%** About 1 in 4 teens now vape - a 10 times jump in only 4 years



## DRIP = R.I.P

“Dripping” is a new and very dangerous vaping technique that intensifies the dose of nicotine and releases cancer-causing toxins, such as formaldehyde, acetaldehyde, and acrolein while emitting these harmful chemicals into the air which can affect non-users.

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