

The use of e-cigarettes is unsafe for kids, teens, and young adults.



- **Nicotine is very dangerous and can slow brain growth in teens and young adults under age 25.**
Using nicotine as a teen can harm the parts of your brain that help you focus, learn, and feel emotions. It can also hurt your ability to control how you react to things. Too much nicotine can become a poison.
- **The Surgeon General's Report says that breathing in flavoring chemicals can cause serious lung disease.**
The FDA says e-cigarettes will not help you quit smoking. E-cigarettes have a lot of harmful parts like heavy metals which cause cancer. E-cigarette smoking can get you hooked on nicotine. This can make you want to smoke cigarettes and use e-cigarettes at the same time.
- **E-cigarette use can make teens 4 times more likely to be addicted to cigarettes.**
More than 180,000 previous users of e-cigarettes and 45,000 current e-cigarette users have become addicted to cigarettes.
- **E-cigarette use can increase your chances of getting cancer.**
This is because chemicals in e-cigarettes can damage cells which can give you cancer.
- **E-cigarettes can cause unexpected injuries.**
E-cigarette batteries can explode while you are using them or when in your pocket, causing fires. This can injure your face, hands, or legs and lead to death. Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid.

Breathing
is a gift.
Don't ruin
it with
chemicals.



EXPOSURE

E-cigarette ads reach 4 in 5 U.S. middle and high school students.

20.5 MILLION
youth saw e-cigarette ads in 2016.

TRENDING

Using nicotine as a teen may also increase risk for

FUTURE ADDICTION

to other drugs. Once you start using nicotine, quitting can be hard.

JUULING

All JUUL e-cigarettes have

HIGH LEVELS OF NICOTINE.

A single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.

USAGE

11.7%

of students in the United States have used electronic cigarettes in the past 30 days.

HOW TO GET HELP

- Talk to your care provider or call 1-800-QUIT-NOW.
- Explore the resources at:
https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm
and <https://www.takingtexasobaccofree.com>
- Visit <http://txsaywhat.com> or the Campaign for Tobacco-Free Kids <https://www.tobaccofreekids.org/> and the Truth Initiative <https://www.thetruth.com/> to get involved in campaigns to raise awareness of the dangers of nicotine addiction and e-cigarettes to youth.
- Join THIS IS QUITTING, a free quit-vaping and quit-smoking mobile app program specifically designed for youth <http://www.thisisquitting.com/>

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