



# Vaping

## Impact and Accessibility

21.04% of Kansas youth report they have used e-cigarettes or vape pens in 2020. The most common vaping device is called JUUL. JUUL devices are hard to detect due to their resemblance to USB flash drives. Many are not aware that vape devices contain nicotine.



## What is Vaping?

Vaping devices or e-cigarettes are devices that heat a liquid into a vapor that the user inhales. The liquid usually contains nicotine, flavoring, and other additives.



## What's the Big Deal?

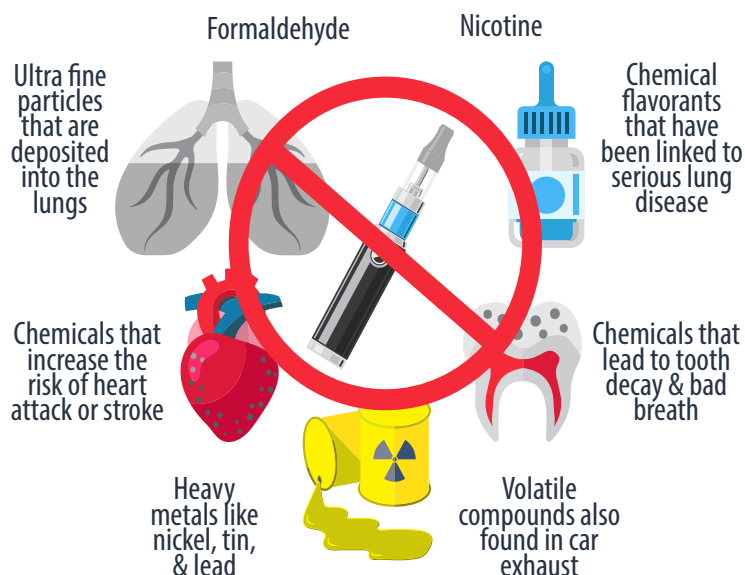
Nicotine exposure during adolescence and young adulthood can cause addiction and harm the developing brain. No matter how it's delivered, nicotine is **ADDICTIVE** and harmful for youth and young adults. Vaping also can lead to serious lung illness.



Most e-cigarettes contain high levels of nicotine, and the few that do not still contain harmful chemicals.

**1 JUUL pod = 1 pack of cigarettes**

## VAPING DEVICES CONTAIN HARMFUL INGREDIENTS SUCH AS:



## You can help prevent youth vaping.

### Parents can prevent vaping by:

- ✓ Clearly defining the rules and expectations associated with vaping and enforce consequences.
- ✓ Keeping an eye out for vaping devices and confiscating them.
- ✓ Educating your child about the dangers and negative health consequences of vaping.
- ✓ Modeling responsible behaviors and promoting healthy activities.
- ✓ Preparing your child for peer pressure & discuss ways to say no.

### Know the warning signs

- Increased thirst or desire for flavor
- Irritability, headaches, fatigue, trouble sleeping
- Nose bleeds
- Cutting back on caffeine, caffeine sensitivity
- Acne
- Finding unfamiliar devices or parts as shown below
- Change in academic, social, and recreational activities



### What do vaping devices look like?



If you or your child vape, it's never too late to quit.

For free help visit [smokefree.gov](https://smokefree.gov), Call 1-800-QUIT-NOW  
or Text Quit to 706-222-QUIT