

# Resources to Help Educate Youth and Parents about E-cigarettes

## Websites/Web Pages

[American Lung Association. The Impact of E-Cigarettes on the Lung](#)

This webpage gives a brief summary on what is known about how e-cigarettes affect the lungs.

[Centers for Disease Control and Prevention E-cigarettes Shaped Like USB Flash Drives: Information for Parents, Educators and Health Care Providers](#)

This webpage provides graphics and brief information on what e-cigarettes look like and why they are harmful to youth.

[Centers for Disease Control and Prevention Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults](#)

This webpage provides answers to common questions about e-cigarettes and explains the risks that come to youth when they use them.

[Know the Risks: E-cigarettes and Young People](#)

This website from the U.S. Department of Health and Human Services offers answers to questions about how e-cigarettes impact young people.

[The Tobacco Talk](#)

This website from the Utah Department of Health is designed to help parents understand new tobacco products and how they can harm their teens.

## Teaching Aids

[Know the Risks: A Youth Guide to E-cigarettes PowerPoint Presentation](#)

This is a 45 minute presentation aimed at educating youth about e-cigarettes. Any educator or individual who works with youth can use it.

### [Stanford Medicine Tobacco Prevention Toolkit \(Six Units\)](#)

This resource provides six units to help educators explain what e-cigarettes are, the harms that come from using them, and how tobacco products are marketed to teens. They are designed to be presented in a classroom setting.

## Fact Sheets

### [E-cigarettes and Youth: What Educators and Coaches Need to Know Fact Sheet](#)

This 2 page fact sheet is designed to help educators and coaches understand more about e-cigarette.

### [E-cigarettes and Youth: What Parents Need to Know Fact Sheet](#)

This 2 page fact sheet is designed for parents to help them understand more about e-cigarettes.

### [Tobacco is Changing FAQ](#)

This 2 page fact sheet answers frequently asked questions about e-cigarettes and how to talk to your teen about them.

## Videos

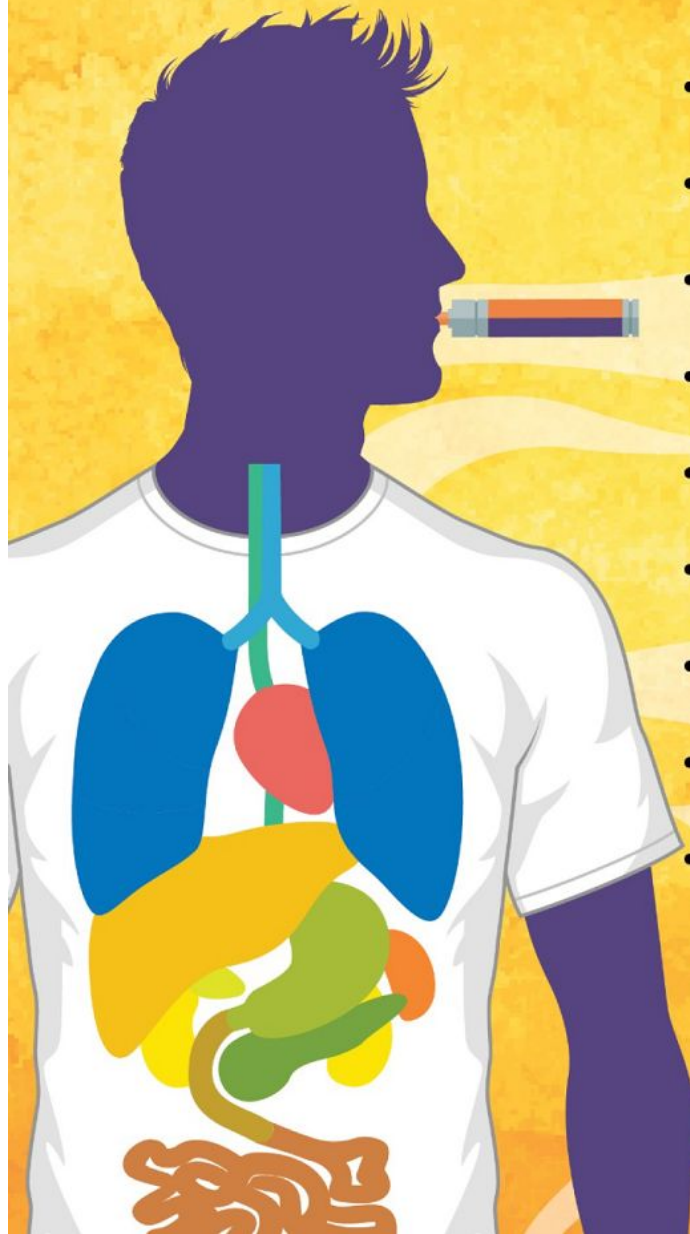
### [Electronic Cigarettes and Vaping Video from David Geffen School of Medicine UCLA \(4 minutes 38 seconds\)](#)

This short video gives a summary on the history of e-cigarettes, known harms, and how the tobacco industry markets to youth.

### [How Juul Made Nicotine Go Viral \(5 minutes 56 seconds\)](#)

This Vox video highlights the ways that Juul targets youth and caused/contributed to the teen e-cigarette epidemic.

# Risks of vaping



- Nicotine addiction
- Mouth and throat irritation
- Coughing and wheezing
- Worsening asthma
- Chest pain
- Raised blood pressure
- Raised heart rate
- Upset stomach
- Nausea

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Source: [MD Anderson Cancer Center](https://www.mdanderson.org)