

Electronic Cigarettes Fact Sheet

Vaping is... Inhaling a vapor produced by a vaporizer as part of an electronic cigarette. It is an alternative to cigarettes. It is typically odorless or has a fruity smell.

A vaporizer is... A device which heats up small quantities of liquid or oil until they produce an inhalable vapor. The liquid is inhaled similarly to a cigarette (hence the term electronic cigarette). It is not easy to tell what kind of liquid is inside the vaporizer. Possession of an electronic cigarette if you are under the age of 18 is illegal. The battery in an e-cigarette is charged using a USB charger just like a cell phone would be charged. **See pictures to the right for examples.**



AKA... Slang for electronic cigarettes: e-cigs, e-hookahs, Juuls, vape, vape pens, and mods

Typical materials used in vaporizers:

- E-liquids which may contain nicotine
- Waxy concentrates
- Dry herbs
- Cannabis oil

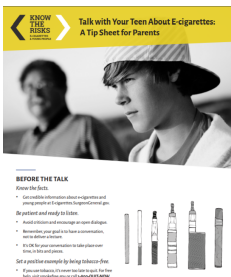
Other known substances teens are vaping:

- Alcohol
- Nicotine salt
- Flavor oils like strawberry and mint



Health Risks (provided by the Surgeon General's Office):

- Inhaling unidentified and unregulated vaporized chemicals puts a person at significant risk
- Increased risk of nicotine and psychological addiction
- Increase in the potential to use other illicit drugs including marijuana
- Inhaling from a vaporizer can amplify a drug's side effects. The potency of the liquid is increased.
- The chemicals in synthetic drugs are dangerous and potentially fatal in cases of overdose.



As a Parent, what can I do??

♦**Educate Yourself:** Check out information & pictures on the Surgeon General's website <https://e-cigarettes.surgeongeneral.gov/>

♦**Talk to Your Student:** Inform and discuss the dangers of vaporizer use - use this tip sheet to answer questions: [Surgeon General's Tip Sheet](#)

♦**Watch for symptoms** and side effects that may indicate their teen has a vaping abuse problem. This can include dry mouth syndrome, nosebleeds and strange, erratic, and even violent behavior.

How are students acquiring vaporizers as underage users?

It is illegal to sell electronic cigarettes (aka e-cigarettes) to those under 18, however these regulations do little to prevent teens from buying the devices online. Often those 18 and older are selling to younger students.

At school, using, possessing, distributing, purchasing, or selling electronic cigarettes is against school board policy and will result in disciplinary consequences as well as athletic and activities code violations.

For more information, review the Surgeon General's Fact Sheet available [here](#) and read more on vaping addiction [here](#).

Information within this fact sheet was compiled by District 86 staff and is to be used for educational purposes only.