

## **Electronic Cigarettes (ENDS-Electronic Nicotine Delivery System) Parent Information Sheet**



- Called by many names but its all the same (e-cigs, vapes, vape pens, hookah pens, mods, juul, etc.).
- E-cigarettes are tobacco products.
- The smoke it emits is not a harmless water vapor! It contains harmful chemicals similar to regular cigarettes.
- E-cigarettes contain nicotine which is highly addictive, especially to teens.
- The majority of e-cigarette users also smoke traditional cigarettes.
- E-cigarette use has been connected to alcohol and marijuana use.
- The pods for the e-cigarette Juul contain as much nicotine as a pack of cigarettes.
- E-cigarette use negatively affects brain development up to the age of 25.
- Other negative health effects: causes addiction, blurry vision, wounds/burns, airway irritation, cough, increased heart rate, chest pain, increased blood pressure, vomiting, nausea.
- E-cigarette manufactures target youth using marketing. Convenience stores advertise e-cigs targeting youth by placing them where youth will see them (in proximity to candy).
- Social media and celebrity endorsements influence use of e cigarettes.
- Be aware! Observe their behavior and any changes -- be proactive.
- There is free assistance with quitting all forms of tobacco for those 13 yrs. and older: the **Indiana Tobacco Quitline (1-800-QUIT-NOW)**. A science based tobacco cessation program conducted in the privacy of your home 24/7.
- Local resources are available through **Tobacco Free Hendricks County**, they can be reached at: **(317) 828-9248** or **tfhendricksco32@hotmail.com**, **@tobaccofreehendrickscounty**, **@smokefreebrownsburg**.