GNCY
GLENVIEW NORTHBROOK COALITION FOR YOUTH
Keeping Teens Drug & Alcohol Free in Glenview and Northbrook

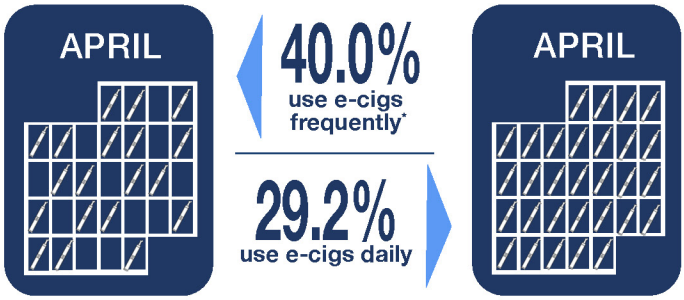
HOW DO VAPES & E-CİGARETTES WORK?

Vapes/e-cigs are devices that heat liquid into an aerosol that the user inhales. The liquid usually has nicotine, flavoring and other additives.

HOW MUCH DO YOU KNOW ABOUT YOUTH E-CİGS & VAPİNG?

Electronic cigarettes, aka vapes, are hand-held, battery powered unfiltered nicotine delivery devices that can also be used for marijuana. About **2.8 MILLION MIDDLE AND HIGH SCHOOL STUDENTS** currently used any tobacco product. E-cigarettes are the most commonly used tobacco product among both middle and high school students. Disturbingly high rates of frequent and daily e-cigarette use suggest many teens have a strong dependence on nicotine.[5]

Among high school current e-cig users:[5]



*20 or more days in past 30 days

Almost 9 out of 10 current youth e-cig users use **flavored e-cigs** with fruit flavors being the most popular, followed by candy, desserts, or other sweets .Over half (57.9%) of students currently using e-cigarettes reported using flavors with **"ice" or "iced"** in the name.[5]



Are they safe?

- E-cigarettes contain aerosols that contain harmful chemicals, including known carcinogens such as formaldehyde, cadmium & benzene.
- There are no safety standards. No safety standards = unknown levels of nicotine & additives.[1]
- Vape pens can be used for other substances, such as marijuana & illicit drugs.[2]
- Teens who vape are **3.5 times more likely to use marijuana**[4] and **7 times more likely to smoke cigarettes** than non-cigarette users.[3]
- Doctors believe the salts allow nicotine to "cross the blood brain barrier & lead to potentially more effect on the developing brain in adolescents."[4]

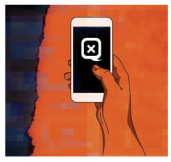
If you are concerned that your teen is using a vaping product or other substance:

- Talk to their pediatrician
- Call a local substance use treatment agency
  PEER Services 847.492.1778 **Rosecrance** 815.391.1000
- Check out some online resources for teens:

quit the hit
helps you quit over Instagram

QUIT THE HIT

This Is Quitting
truthinitiative.org



My Life. My Quit
mylifemyquit.com

MY LIFE MY QUIT™

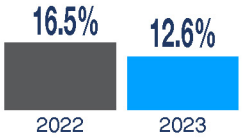
quitSTART
free smartphone app
teen.smokefree.gov



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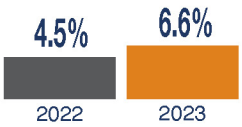
About **2.8 million** youth currently use any tobacco product

Any tobacco use **decreased** among **high school students.**



Driven by a **drop** in high school e-cigarette use.

Any tobacco use **increased** among **middle school students.**



The latest disposable brands (often referred to as "bars") youth are using are available in many appealing flavors



Elf Bar
2,500 to 9,000 puffs per device
*huffvape



Posh
1,500 puffs to 7,500 puffs per device
*vapedwholesale



Breeze Pro
2,000 puffs per device
*mivapeco



Esco Bars
6,000 per device
ejuicedirect

1 pack of cigarettes = 200 puffs

gncy.org

Sources: [1]Four hundred and sixty brands of e-cigarettes and counting: implications and product regulation. Tobacco Control, May 2014. [2]www.drugabuse.gov. [3]NIDA [4]CDC [5]www.fda.gov/tobacco
This material was developed under grant #NH28CE003042 from the Office of National Drug Control Policy (ONDCP), Centers for Disease Control and Prevention (CDC), and U.S. Department of Health and Human Services (HHS). The views, policies and opinions expressed by the Glenview Northbrook Coalition for Youth are those of its members and do not necessarily reflect those of ONDCP, CDC, or HHS.