

WHAT TO KNOW ABOUT VAPING

Teen vape use has increased sharply in recent years. One in four high school students say they vape.

Most vaping devices (also known as e-cigs, vapes, hookah pens, mods, Juuls, etc.) don't look like traditional tobacco products.

E-liquid comes in thousands of sweet flavors like mango, watermelon, and gummy bear.

Many vape devices use pods that may contain as much nicotine as two packs of cigarettes.

Nicotine is highly addictive and can harm a teen's developing brain. Teens who vape are at risk of . . .

- mood disorders
- anxiety
- learning difficulties

Vaping devices heat a liquid nicotine solution to create an aerosol that is breathed in. This aerosol contains nicotine, flavoring, and toxic chemicals. Marijuana (THC or CBD) oil can also be used in many devices.



In addition to nicotine, most vape pods contain such chemicals as:

- propylene glycol, which is also used in paint solvent
- acrolein, a herbicide primarily used to kill weeds
- diethylene, a toxin used in antifreeze
- benzene, a volatile organic compound found in car exhaust

Cessation and education resources are available at:

www.nmusd.us/wellness

