

TIPS for TEENS

E-CIGARETTES

THE TRUTH ABOUT E-CIGARETTES



**SLANG: E-CIGS/E-HOOKAHS/
VAPE PENS/VAPES/
TANK SYSTEMS/MODS**

GET THE FACTS

E-CIGARETTES ARE A WAY TO INHALE NICOTINE AND MARIJUANA.

The aerosol emitted can also contain other harmful substances, including heavy metals such as lead, volatile organic compounds, and cancer-causing agents.¹

E-CIGARETTES COME IN MANY SHAPES AND SIZES. Some resemble pens, USB sticks, and other everyday items. Larger devices such as tank systems, or “mods,” do not resemble other tobacco products.

E-CIGARETTE USE HARMS THE DEVELOPING BRAIN. E-cigarettes typically deliver nicotine, a harmful drug to the youth brain and body. Teens are particularly vulnerable to the effects of nicotine since the brain is still developing during these years and through young adulthood.² People who use marijuana in an e-cigarette may experience the same side effects as they would if they smoked marijuana—all of which can be heightened if the person uses marijuana with another substance, such as alcohol.³

? Q&A

Q. AREN'T E-CIGARETTES SAFER THAN SMOKING CIGARETTES OR USING SMOKELESS TOBACCO?

A. Regular cigarettes are extraordinarily dangerous, killing half of all people who smoke long-term. However, youth use of tobacco products in any form is unsafe, including e-cigarettes. More research is needed to fully understand their impact on health.

Q. CAN'T E-CIGARETTES HELP ME QUIT SMOKING REGULAR CIGARETTES?

A. E-cigarettes may help non-pregnant adult smokers if used as a complete substitute for all cigarettes. However, there is no conclusive evidence that using e-cigarettes helps someone quit smoking for good.⁴ The U.S. Food and Drug Administration (FDA) has approved seven “quit aids” for quitting smoking, but e-cigarettes are not currently one of them.

Q. AREN'T E-CIGARETTES USED MORE OFTEN BY ADULTS, NOT YOUTH?

A. Youth are more likely than adults to use e-cigarettes. In 2018, more than 3.6 million U.S. middle and high school students used e-cigarettes in the past 30 days, including 4.9 percent of middle school students and 20.8 percent of high school students.⁵

THE BOTTOM LINE:

E-cigarettes are unsafe for young people. Whether a young person uses nicotine or marijuana in an e-cigarette, there can be dangerous health consequences.

LEARN MORE:

Get the latest information on how drugs affect the brain and body at teens.drugabuse.gov.

TO LEARN MORE ABOUT E-CIGARETTES, CONTACT:

SAMHSA

1-877-SAMHSA-7 (1-877-726-4727)

(English and Español)

TTY 1-800-487-4889

www.samhsa.gov

store.samhsa.gov



SAMHSA

Substance Abuse and Mental Health
Services Administration



BEFORE YOU RISK IT!

1

KNOW THE LAW. People ages 18 and older are allowed to buy e-cigarettes in most states—other states have an age requirement of 19 or 21. However, just because e-cigarettes are legal for adults to purchase doesn't mean they are safe, especially for young people.⁶

2

KNOW THE RISKS. Nicotine is highly addictive and can harm the developing adolescent brain. The nicotine in e-cigarettes and other tobacco products can also prime young brains for addiction to other drugs, such as cocaine and methamphetamine.⁷

3

LOOK AROUND YOU. E-cigarettes are the most commonly used tobacco product among youth. However, four out of five U.S. students overestimate peer e-cigarette use. If you've never smoked or used other tobacco products or e-cigarettes, don't start.⁸



MORE INFORMATION

FOR MORE INFORMATION OR FOR RESOURCES USED IN THIS

"TIPS for TEENS,"

visit store.samhsa.gov or call
1-877-SAMHSA-7 (1-877-726-4727)
(English and Español).

PEP NO. 19-12 REVISED 2019

SAMHSA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

SAMHSA cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

SAMHSA
Substance Abuse and Mental Health
Services Administration



WHAT CAN YOU DO TO HELP SOMEONE WHO IS USING E-CIGARETTES?

BE A FRIEND.

Encourage your friend to stop using or seek help from a parent, teacher, or other caring adult.

For 24/7 free and confidential information and referrals in English and Spanish, call SAMHSA's National Helpline at:

1-800-662-HELP (1-800-662-4357)

or visit the SAMHSA Behavioral Health

Treatment Services Locator at:

findtreatment.samhsa.gov

¹ Centers for Disease Control and Prevention (CDC). (2018). Electronic cigarettes. *Smoking & Tobacco Use*. Retrieved from https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm

² U.S. Department of Health and Human Services (HHS). (2016). *E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health. Retrieved from https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Full_Report_508.pdf

³ NIDA. (2017). *Marijuana: Facts for Teens*. Retrieved from <https://www.drugabuse.gov/publications/marijuana-facts-teens/want-to-know-more-some-facts-about-marijuana>

⁴ NIDA. (2018). Electronic cigarettes (e-cigarettes). Retrieved from <https://www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarettes>

⁵ Cullen, K. A., Ambrose, B. K., Gentzke, A. S., Apelberg, B. J., Jamal, A., & King, B. A. (2018). Notes from the field: Use of electronic cigarettes and any tobacco product among middle and high school students — United States, 2011–2018. *Morbidity & Mortality Weekly Report*, 67(45):1276–77.

⁶ CDC (2018). STATE System Tobacco 21 fact sheet. Retrieved from <https://chronicdata.cdc.gov/download/873a-if74/application%2Fpdf>

⁷ HHS. (2016). Fact sheet. *E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General*. Retrieved from https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Fact_Sheet_508.pdf

⁸ Agaku, I. T., Odani, S., Homa, D., Armour, B., & Glover-Kudon, R. (2018). Discordance between perceived and actual tobacco product use prevalence among US youth: A comparative analysis of electronic and regular cigarettes. *Tobacco Control*. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/29674512>