

Quick Facts

Teens are more susceptible to nicotine addiction than adults

Most vapes contain nicotine which is highly addictive and can affect brain development

There are chemicals in vapes like formaldehyde which can cause damage to the brain

Vapes contain harmful chemicals and metals that are very fine and can be inhaled very deep into the lungs

Vaping is said to be less harmful than smoking cigarettes, but it is still unsafe

Young vapers experience headaches and migraines

Consequences of Vaping For Teens



Statistics

In 2021, more than 2 million middle and high school students in the U.S. reported their use of vaping

Since 2019, vape use has increased 1,000% among high school students and 400% among middle school students.

Over the last three years, 1 in 5 children have tried vaping

In 2020, 68 people died from vaping and 15% of them were adolescents.

Risks:

Nicotine addiction

Mood disorders

Increased anxiety and depression

Permanent lowering of impulse control

Lung inflammation

Brain development problems

Breathing complications

Cancer

Heart disease

"Smoking kills more Americans each year than alcohol, car accidents, murders, suicides, drugs, and fires combined." (Truth, n.d.)



Vaping has been around since 2007 and has become the most commonly used tobacco product among teens over the last 10 years.

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SAMHSA's helpline:

1-800-662-HELP