



Juul vape with nicotine pods

# PROTECT YOUR TEENS FROM VAPE

Get the facts you need to know to keep your teens tobacco-free >

# NEARLY **28%** OF HIGH SCHOOL STUDENTS **USE VAPES**



**Most vaping products contain nicotine.** However, many teens who vape think it's nicotine-free.

Nicotine can **hurt teen brain development** and may cause learning and mood disorders. Teens who vape are more likely to start using cigarettes.

## **DID YOU KNOW?**

+ Vape products are sold online where age verification is easily bypassed.

## **Learn more about the dangers of vaping:**

Visit [www.flavorhookkids.org](http://www.flavorhookkids.org) and download the free guide

## **Free help to quit vaping:**

Call 1-844-8-NO-VAPE or text QUIT VAPING to 66819.

### Sources:

Wang, TW, et al. Tobacco Product Use and Associated Factors Among Middle and High School Students - United States, 2019. *MMWR Surveillance Summaries*, 68.SS-12 (2019): 1-22

Boykan, R, et al. Self-Reported Use of Tobacco, E-Cigarettes, and Marijuana Versus Urinary Biomarkers. *Pediatrics*, 144.6 (2019): e20183531.

U.S. Department of Health and Human Services. *Surgeon General's Advisory on E-Cigarette Use Among Youth*. 2018.

Williams, RS, et al. (2017). Cigarette Sales to Minors via the Internet: How the Story has Changed in the Wake of Federal Regulation. *Tobacco Control*, 26.4 (2017): 415-420