



# TIPS FOR PARENTS

## Electronic Cigarettes (E-cigs, Juul's, Vape Pens)

In 2018, 1.5 million **more** students used e-cigarettes than in 2017.  
1 in 5 high school students used e-cigs, a 78% increase.  
Rate for middle school students use went from 3.3% to 4.9%, a 48% increase.

### What is an e-cigarette?

A battery-operated device that heats liquid (e-juice) to an aerosol for users to inhale. It can look like a pen or a computer thumb drive.

Usually contains nicotine although not always. The flavors added can cause health problems. Some contain diacetyl, which can damage the lungs. Other flavorings can contain chemicals which may increase the risk for cancer.

Most students polled (66%) believe their e-cigarettes contain only flavoring.

Marijuana can be vaped – either the ground plant itself, waxes often referred to as dabs, or THC and CBD oils with no smell produced.

E-juice (the liquid) can be deadly if swallowed.

The batteries used in E-cigarettes can result in fires and explosions.

E-vapors are NOT harmless even to bystanders.



## WHAT YOU CAN DO:

- Start the conversation with your child about e-cigarettes.
- Advise them about the dangers.
- Discourage tobacco use, including e-cigarettes.
- Teach by example – be tobacco free.

