

Vaping – Information for Teens

Vaping has become very popular over the past few years. One in four high school students have reported vaping and 25% of high school seniors vape daily. Many people believe that vaping is a better alternative to smoking cigarettes because it is “safer.” However vaping is **UNHEALTHY!**

Reasons not to vape:

- **Nicotine** - most vaping liquids (e-juice, vape sauce) contain nicotine. Sometimes the amount of nicotine is higher than what is found in cigarettes. What’s so bad about nicotine? Well, it’s **ADDICTIVE**, which means your body will crave it and if don’t get it, you will feel ill. Symptoms of nicotine withdrawal include: feeling anxious, depressed, drowsy, sleep problems, headaches, tremors, trouble concentrating and memory issues.
- **Nicotine CAN HARM BRAIN DEVELOPMENT!**
- The vapor produced contains **chemicals** that cause **CANCER!**
- A chemical that is sometimes used to flavor vape juice, diacetyl, can cause “popcorn lung.” Sounds like a weird snack food, but it’s not. It is **SCARRING OF THE LUNGS!**
- Vaping devices have **EXPLODED**, causing burns or fires.
- If you vape, you are 4 more times likely to start smoking cigarettes, which are even more **UNHEALTHY!**
- In 2019, people began having **serious lung disease** or **dying** after vaping!

We hope you will choose not to vape. However, if you are vaping and having trouble stopping, please talk to us. We can help.