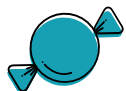


Why is vaping so popular?

Technology is a huge part of our world today, so it's no surprise that youth have been very curious to try a new gadget.

Social media, word-of-mouth, and very savvy marketing have played a role in youth initiation.



E-cigarettes, unlike regular cigarettes, come in over 7,000 flavors, including candy, mint, and fruit.

It's what's on the inside that counts.

And the inside isn't always just e-liquid. Sometimes e-cigarettes are used to vape marijuana.

- There may be added dangers associated with inhaling a drug as an aerosol.

How to say "no" to vaping:

- Be confident and firm (but polite), and just say no. Then, stand your ground.
- Walk away! If you have the ability to physically remove yourself from the peer pressure, do it!
- Remind yourself of the risks and the reasons why you don't want to vape.
- Remember: real friends will still be your friends whether you vape or not.

LOOKING FOR MORE RESOURCES?

Truth Initiative:

<https://truthinitiative.org/topics/tobacco-products/e-cigarettes>

United States Surgeon General:

<https://e-cigarettes.surgeongeneral.gov/resources.html>

TO LEARN MORE ABOUT LAWS IN YOUR STATE, VISIT:

<http://www.publichealthlawcenter.org/resources/US-e-cigarette-regulations-50-state-review/CT>

Contact Us

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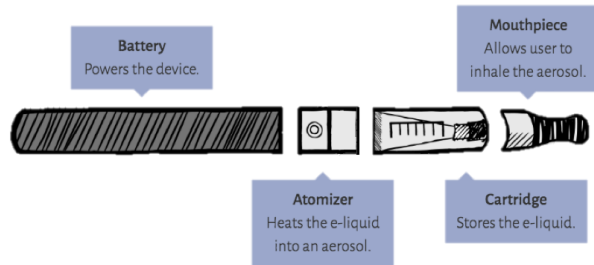


VAPING 101

COMPILED BY TOBACCO
RESEARCH IN YOUTH (TRY)
AT YALE UNIVERSITY

What is vaping?

To vape is to inhale aerosol from a battery-powered device such as an e-cigarette. These devices heat and aerosolize liquid that contains propylene glycol (PG), vegetable glycerin (VG), nicotine, flavors, and more.



Today, more high school students use e-cigarettes than regular cigarettes.

- According to the 2017 Monitoring the Future Survey, past year vaping was reported by 13.3% of 8th graders, 23.9% of 10th graders, and 27.8% of 12th graders.

The many types of e-cigarettes can look very different.



What is Juul?

- A Juul is a rechargeable e-cigarette with a USB charger and insertable cartridges/pods.



- Over 20 million Juuls are sold each month, making up more than 50% of e-cigarette sales.
- Like regular e-cigarettes, Juuls come in various flavors, including tobacco, mint, crème brûlée, and fruit. Each flavor even has a Juul-branded name.
- Unlike other devices, Juul pods are not intended to be refilled.
- Most Juul pods contain nicotine at "5% strength," which means the nicotine concentration is **59 mg/mL...**

...that's the same amount of nicotine in 1 pack of cigarettes.

**But did you know?
More than half of young users
aren't aware that Juul contains
nicotine at all.**

So what's the big deal?

It's all tech and flavors until someone gets hooked. Youth who vape are much more likely to try other tobacco products. But that's not the only risk.

Juul and other e-cigs deliver an aerosol, which means the e-liquid is deposited into the lungs in many tiny droplets of liquid suspended in a gas.



ALL Juul pods and many other e-cigarettes contain **nicotine**, which harms brain development. At first, it leaves the user feeling happy and satisfied--but once it's gone, the only thing that will feel that good again is another hit. **That's addiction.**



Juul pods include nicotine salts and benzoic acid, which are absorbed by the brain much faster and make these very high nicotine levels feel less harsh.



All e-cigarettes can contain chemicals that have been linked to **lung disease.**

