

VAPING FACTS AND RESOURCES

WHAT IS AN E-CIGARETTE?



E-cigarettes/vapes have emerged as substitutes for traditional cigarettes as well as a new method to deliver marijuana or concentrated THC (dabs)



Often times this vapor is sweetly flavored, which is an allure for young people



E-cigarettes/vapes may also be referred to as Juuls. Juuls look like USB or thumb drives and can be filled with highly potent marijuana concentrates

YOUTH HEALTH IMPACT



Use of e-cigarettes by teens may cause a decrease in attention, concentration and impulse control



Adolescents are more vulnerable to addiction than adults because their brains are still developing



Many of the particles in the vapor contain toxic chemicals, linked to cancer and heart disease

USAGE IS ON THE RISE



Tobacco companies are marketing these products to your teen, with an absence of laws regulating this promotion



Nearly twice as many high school teens vape as smoke cigarettes



Use has continued to rise due to ease of access and concealment

YOU SHOULD KNOW



Use of an electronic device such as an e-cigarette, Juul or vaporizer is illegal on school grounds



Contact your child's school nurse or Student Assistance Coordinator for assistance



You can help prevent our children from using these devices both at home and in our schools

RESOURCES AND ARTICLES

CENTER ON ADDICTION AND SUBSTANCE ABUSE:



centeronaddiction.org/e-cigarettes

THE SURGEON GENERAL:



e-cigarettes.surgeongeneral.gov

TRUTH INITIATIVE:



bit.ly/VapingNicotine

NIH NATIONAL INSTITUTE ON DRUG ABUSE:



bit.ly/NIH-ecigarette

This communication provided by the DART Prevention Coalition

Taking aim at substance use in Ocean County

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