



American  
Heart  
Association.

# The 101 on e-Cigarettes

Vaping is becoming an increasing epidemic among teens. Over **2.1 million youth** are currently using e-cigarettes, with a decline in use by high school students in the U.S. in 2022.



## What is an e-cigarette?

Electronic cigarettes, or e-cigarettes, are battery-powered devices that can deliver nicotine and flavorings to the user in the form of an aerosol. Most have a battery, a heating element and a place to hold the e-liquid.

Flavors that make e-cigarettes so appealing, such as cherry or vanilla, can have toxic effects themselves when inhaled, although they are generally recognized as safe when ingested in food or drinks.

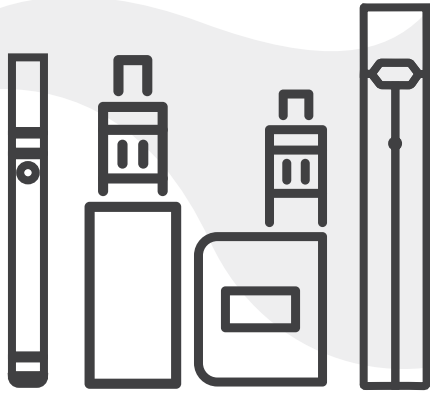
## What is vaping?

Vaping is the **act of inhaling and exhaling the aerosol, often referred to as vapor**, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes do not produce tobacco smoke, but rather an aerosol, **often mistaken for water vapor, that actually consists of fine particles. Many of these particles contain varying amounts of toxic chemicals, which have been linked to heart and respiratory diseases and cancer.**

## Why are e-cigarettes unsafe for kids, teens and young adults?

- Nicotine can harm the developing adolescent brain
- E-cigarettes contain nicotine
- Nicotine addiction that occurs with e-cigarette use may lead to transition to use of combustible tobacco products
- Addiction itself, whether to nicotine or other drugs, can drive undesirable behaviors





## What do e-cigarettes look like?

E-cigarettes come in a wide variety of shapes and sizes; **mini** (often called cig-a-like), **mid-size**, **vape pens**, **vape pod systems like JUUL**, **e-hookahs**, **e-cigars**, **advanced personal vaporizers or mods**; even ones shaped to look like pens and usb drives.

Tobacco companies addict our children, but the kids are the ones being punished.

**Slick marketing tactics and flavored tobacco products** have contributed to addicting our kids to nicotine once again.



This addiction is causing our kids to bring their e-cigarettes to school, where they use and influence other students to try.



Schools often punish the addicted students through suspension. **Studies show suspension increases the likelihood of negative educational outcomes.**

The American Heart Association is working with schools to help treat nicotine addiction while keeping kids in schools.

## What can parents do?

- Do not use any tobacco products
- **Talk with your kids about the dangers of smoking and the importance of avoiding any tobacco use** (conventional cigarettes or e-cigarettes)
- Educate your kids that **e-cigarettes contain nicotine, a HIGHLY addictive substance**
- **Advocate for comprehensive tobacco prevention policies** (that include e-cigarettes)

[HEART.ORG/ANTIVAPING](https://www.heart.org/antivaping)