

# SHOULD I TALK TO MY KIDS ABOUT

# vaping?

## ARE YOUR KIDS SCHOOL-AGE?

yes

It's likely they already know more about vaping than you do, so it's time to catch up.

**E-CIGARETTES ARE NOW THE MOST COMMONLY USED TOBACCO PRODUCT AMONG YOUTH**

no

### They're younger.

You may be able to wait a few years, but the tobacco industry will be targeting them with marketing and candy flavored e-cigarettes soon.

no

### They're adults.

Are they trying to quit tobacco use all together?



## DO THEY ALREADY VAPE OR HAVE FRIENDS THAT DO?

no

Good! They are steering clear of nicotine addiction, which is great for their brain. The human brain is still developing until age 25, which means its easier to become addicted. Exposure to nicotine at this age can cause problems in learning, memory and attention.

yes

Teens are more likely to become addicted to other tobacco products if they vape.

**60% OF HIGH SCHOOL E-CIG USERS ALSO USE SOME OTHER TYPE OF TOBACCO**



yes

Research shows that e-cigarettes should not be recommended as a tool to quit smoking. For help with quitting visit [quitplan.com](http://quitplan.com).

no

Some users are addicted to e-cigarettes just like any other tobacco product.

**NICOTINE ADDICTION IS DIFFICULT TO OVERCOME AND WILL LIKELY REQUIRE SUPPORT FROM A MEDICAL PROFESSIONAL**



## DO THEY ALREADY SEE THE HEALTH IMPACTS OF VAPING?

no

That's not surprising. Since e-cigarettes have only been on the U.S. market since 2007 we're not sure what the long-term health impacts of heating and inhaling the chemicals in e-liquids will be.

yes

In the short-term, vaping can cause throat irritation and worsen respiratory conditions like asthma and bronchitis. Lithium battery explosions are also a risk and can cause burns.



**E-LIQUIDS CONTAIN NICOTINE AND OTHER CHEMICALS THAT ARE NOT PROVEN SAFE TO BREATHE IN. WHEN E-LIQUIDS ARE HEATED, THE AEROSOL PRODUCED HAS BEEN SHOWN TO CONTAIN HEAVY METALS, ULTRAFINE PARTICLES AND CANCER-CAUSING CHEMICALS**



## TALK TO THEM!

There is a lot of misinformation about vaping and it's important young people know that it poses a serious health risk and youth are being targeted in order to make a profit.

Visit our website at [www.panmn.org](http://www.panmn.org) and learn how to talk to your children with free resources at [e-cigarettes.surgeongeneral.gov](http://e-cigarettes.surgeongeneral.gov)