

# Vaping: Know the Facts

## *A Campaign to Address Adolescent Vaping*



E-cigarettes were introduced to the U.S. market in 2007 and marketed as a healthier alternative to smoking for adults despite lack of research to substantiate such claims. Since then, a culture of vaping — retitled as an epidemic by the Surgeon General in 2018— has emerged among adolescents. Between 2017 and 2018, the share of high-school students using e-cigarettes rose by 78 percent -- one in five students.<sup>1</sup>

Addiction Policy Forum’s educational campaign “Vaping: Know the Facts,” aims to correct misinformation, explain the health risks of adolescent vaping, and empower schools, parents, and students to take action. This toolkit includes videos, fact sheets, lesson plans, and school policy recommendations.

## E-cigarettes and Vaping Devices

An e-cigarette or “vape” is a battery-operated device that produces vapor instead of smoke. They have cartridges or “pods” filled with an e-liquid that contains flavorings and most often, nicotine.

These cartridges are either disposable one-time use or reusable and can be refilled manually. A battery powers the atomizer, which heats the e-liquid (stored in the cartridge) into aerosol.<sup>2</sup>

There are many different kinds of E-cigarettes, including disposable e-cigarettes, rechargeable e-cigarettes (which include brands like Juul and blu), and a variety of tanks and mods.



### Sources

1 Gentzke AS, Creamer M, Cullen KA, et al. Vital Signs: Tobacco Product Use Among Middle and High School Students — United States, 2011–2018. *MMWR Morb Mortal Wkly Rep* 2019;68:157–164. DOI: [http://dx.doi.org/10.15585/mmwr.mm6806e1external icon](http://dx.doi.org/10.15585/mmwr.mm6806e1external.icon).

2 Surgeon General. Get the Facts. <https://e-cigarettes.surgeongeneral.gov/getthefacts.html>

## Key Resources

- **Fact Sheet:** The most important facts about e-cigarettes and the health risks of vaping for adolescents.
- **Video: “Vaping: The Hit Your Brain Takes”:** This video explains what science says about adolescent e-cigarette use. Spoiler alert: it’s not good. As the real risks of “vaping” remain largely misunderstood by adults and teens alike, the campaign boils down the latest research.



## For School Administrators and Teachers

Schools have an important role to play in helping to curb the teen vaping epidemic. The following resources can help inform the development and implementation of a school-based policy to effectively address vaping among middle and high school students through education and interventions.

- [Sample Parent Advisory \[PDF\] \[Word document\]](#)
- [Detention Intervention \[PDF\] \[Word document\]](#)
- [Classroom Activity](#)
- [Online Course for Parents](#)
- [Online Course for Teens](#)

### Further Resources:

American Lung Association: [The Vape Talk](#)

[Talk with your teen about e-cigarettes: A tip sheet for parents \(CDC\)](#)

[Teachers and Parents: That USB Stick Might be an E-cigarette \(CDC\)](#)

# For Parents and Caregivers

There are a number of strategies you can implement today to address vaping at home and in your community. Here are some free materials and further resources to help you get started. Educate teens on the harms of vaping and nicotine.

- [Video: “Vaping: The Hit Your Brain Takes”](#)
- [Fact Sheet](#): The most important facts about e-cigarettes and the health risks of vaping for adolescents.
- [Online Course for Parents](#)
- [How Do You Really Keep Your Kids Safe From Addiction](#)

## Further Resources:

- Talk to your teens about vaping.
  - [The Vape Talk](#) (American Lung Association)
  - [E-cigarettes and Youth: What Parents Need to Know](#) (CDC)
  - [Talk with your teen about e-cigarettes: A tip sheet for parents](#) (CDC)
  - [Teachers and Parents: That USB Stick Might be an E-cigarette](#) (CDC)
  - [Juuling: What Pediatricians and Families Need to Know](#) (American Academy of Pediatrics)
  - [Parents: Facts on Teen Drug Use](#) (NIDA)

## Resources to Quit

- [Tobacco Cessation Resources for Youth](#) (American Lung Association)
- [Smokefree Teen](#) (U.S. Department of Health and Human Services)
- [This is Quitting](#) or [BecomeanEx](#). Text “QUIT” to 202-804-9884; Text DITCHJUUL to 88709 (Truth Initiative)
- [My Life My Quit](#): text “Start My Quit” to 855-891-9989

## About Addiction Policy Forum

Addiction Policy Forum is a national nonprofit organization dedicated to eliminating addiction as a major health problem. Our headquarters are located in Washington, DC with resources and services in every state.