

**Vaping: Quick Facts**

**Some adults have been successful in quitting cigarettes with vaping, but vaping still has risks–and it’s a serious threat to young people’s health.**

**How to talk to your kids about vaping:**

* Even though vape flavors are often marketed at kids, make sure children and teens know that E-cigarettes/vapes and other tobacco products are illegal for people under 21.
* Although some adults may utilize vaping as a means to quit smoking, it has become increasingly apparent that vaping leads to cigarette addiction in youth.
* Both cigarettes and vaping deliver addictive nicotine, which can change growing brains and contribute to attention disorders and poor impulse control.[[1]](#footnote-1)
* Vapor contains ultrafine particles, flavorings linked to lung disease, and heavy metals.[[2]](#footnote-2) An outbreak of e-cigarette or vaping-use associated lung injury (EVALI) began in late summer 2019 and is still ongoing.[[3]](#footnote-3)
* Younger users are more likely to become addicted, have more difficulty quitting, and may be at higher risk for addiction to other substances.

**Talk to your kids about vaping—it’s not safe for them.**

**Learn more:**

[www.greenpeakalliance.org](http://www.greenpeakalliance.org)

info@greenpeakalliance.org

1. *Cold Spring Harb Perspect Med*. 2012;2(12):a012120. Published 2012 Dec 1. doi:10.1101/cshperspect.a012120 [↑](#footnote-ref-1)
2. *Environmental Health Perspectives*, 126(2). https://ehp.niehs.nih.gov/doi/full/10.1289/EHP2175 [↑](#footnote-ref-2)
3. *Outbreak of Lung Injury Associated with the Use of E-Cigarette, or Vaping, Products.* [*https://www.cdc.gov/tobacco/basic\_information/e-cigarettes/severe-lung-disease.html*](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html) [↑](#footnote-ref-3)