

Research shows that children with more frequent and high-quality contact with non-parental adults have fewer behavior problems.[[1]](#footnote-1) As leaders who work with youth, you’re a great influence on the lives of young people. We’ve created points to keep in mind when talking to youth about vaping.

**Vaping: Quick Facts**

* An outbreak of e-cigarette or vaping-use associated lung injury (EVALI) began in late summer 2019 and is still ongoing.[[2]](#footnote-2)
* EVALI is a serious condition whose symptoms include fever and chills, cough, vomiting, diarrhea and headache. It often requires hospitalization and can lead to death.
* Vapor contains ultrafine particles, flavorings linked to lung disease, and heavy metals.[[3]](#footnote-3)
* While vaping is marketed as “safer” than cigarettes, that’s not the same as safe, and the science is still inconclusive.
* Vaping increases complications of COVID-19. Protect your lungs![[4]](#footnote-4)

**Did you know?**

* E-cigarettes/vapes and other tobacco products are illegal for people under 21.
* Companies target kids to profit on getting them addicted at an early age. Don’t fall for advertisers’ tricks!
* Nicotine in vapes is not just harmful to lungs: it’s harmful to your developing brain.[[5]](#footnote-5)
* Cigarettes and vaping deliver addictive nicotine, which can change your brain and threaten your mental health.
* If you start vaping under the age of 21, you’re more likely to become addicted, have more difficulty quitting, and may be at higher risk for addiction to other substances.
* Pediatricians and doctors are very concerned about youth who vape and want to help. They may have ways to help kids quit vaping for free.
* Kids can receive immediate, free help from The Truth Initiative by texting DITCHJUUL to 88709[[6]](#footnote-6)

**Learn more:**

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

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1. *Child and Adolescent Social Work Journal* <https://link.springer.com/article/10.1007/s10560-005-2546-4> [↑](#footnote-ref-1)
2. Centers for Disease Control (2020). https://www.cdc.gov/tobacco/basic\_information/e-cigarettes/severe-lung-disease.html [↑](#footnote-ref-2)
3. *Environmental Health Perspectives*, 126(2). https://ehp.niehs.nih.gov/doi/full/10.1289/EHP2175 [↑](#footnote-ref-3)
4. *Journal of Adolescent Health*, 67(4), 519-523. [↑](#footnote-ref-4)
5. *Cold Spring Harb Perspect Med*. 2012;2(12):a012120. Published 2012 Dec 1. doi:10.1101/cshperspect.a012120 [↑](#footnote-ref-5)
6. The Truth Initiative: https://truthinitiative.org/thisisquitting [↑](#footnote-ref-6)