How much do you know about youth vaping?

More than 2 million U.S. youth are using e-cigarettes.

Youth use of e-cigarettes, also known as vaping, remains a serious public health concern.

E-cigarettes are the most commonly used tobacco product among both middle and high school students. Disturbingly high rates of frequent and daily e-cigarette use suggest many teens have a strong dependence on nicotine.

SOME TEENS REPORT USING E-CIGARETTES IN SCHOOL BATHROOMS AND EVEN IN THE CLASSROOM.

Learning more about the different types of e-cigarette products is an important first step in addressing youth vaping.

DID YOU KNOW:

- E-cigarettes come in a variety of shapes and sizes and may not look like a tobacco product, which can make them hard to spot.

- Some devices popular among teens — like Juul and Puff Bar — are as small as a USB flash drive and even look like one.

- Certain products emit very low amounts of aerosol or “vapor,” which makes them easier to use discreetly than combustible cigarettes.

- Most e-cigarettes contain nicotine, the same highly addictive drug in cigarettes. Some e-cigarettes may contain as much nicotine as a pack of 20 regular cigarettes.

A Small Device... A BIG PROBLEM

In 2021, approximately 1 in 9 high school students and 1 in 36 middle school students currently used e-cigarettes.

Center for Tobacco Products
Source: Park-Lee, et al. MMWR 2021
Note: All numbers presented here are estimates.

www.fda.gov/tobacco  @FDATobacco  facebook.com/fda
Many teens have dangerous misperceptions that lead them to believe that vaping is harmless.

### Important facts to share with youth

**Vape aerosol can contain harmful chemicals**

Vaping can expose the user’s lungs to harmful chemicals like formaldehyde, acrolein, and acetaldehyde, which are known to cause irreversible lung damage.\(^5\)

**There can be danger behind the flavor**

Vapes get their flavors from chemicals. While these flavorings are safe to eat in food, they're not safe to inhale. Inhaling flavor chemicals can harm your lungs.\(^9\)

**Most vapes contain nicotine, which is highly addictive**

Vaping delivers nicotine to the brain in as little as 10 seconds.\(^7\) A teen’s brain is still developing, making it more vulnerable to nicotine addiction.\(^8,14\) Nicotine exposure during the teen years can disrupt normal brain development.\(^8,14\)

**Vapers could be inhaling metal particles into their lungs**

Vape aerosol could be delivering metal particles like chromium, nickel, lead, tin and aluminum right into your lungs. Some of these metals are toxic.\(^10,11\)

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### FDA’s Efforts to Curb Youth E-Cigarette Use

FDA is committed to protecting youth from the dangers of e-cigarettes, including preventing illegal sales to anyone under 21 and holding retailers and manufacturers accountable for marketing practices. Also, in addition to our national peer-to-peer public education campaign called “The Real Cost,” FDA has joined forces with Scholastic to provide teachers and school administrators with the resources they need to educate their students about e-cigarettes.

Together, we’ve created **free lesson plans, activities and videos** for teachers to educate their students on the health risks of e-cigarette use. Please visit the [Scholastic youth vaping risks site](#) to access these resources in English and Spanish.

### Quitting Help Is Available

There is an urgent need to share quitting resources with teens who are addicted to e-cigarettes. If you identify teens using e-cigarettes at school, it is critical to share resources with them to help them quit.

### Resources for Teens

- Ask a trusted adult or friend for support
- Talk to a doctor about treatment options
- Visit smokefree.gov and teen.smokefree.gov/quit-vaping
- Call 1-800-QUIT-NOW
- Text DITCHJUUL to 88709


