VAPING

The vice of choice for many teens and tweens are e-cigarettes — deceptively disguised devices that deliver a kick of nicotine.

How to spot a device

- **Vaping devices mimic everyday objects such as pens, USB drives and lipstick, which makes them difficult to detect.**
- **A popular vaping device is a JUUL — so keep your ears open for references to "JUULing," pronounced "jeweling."**

Vaping facts

- **More than 3.6 million teens reported vaping, according to the 2018 National Youth Tobacco Survey — accounting for 1 in 5 high schoolers and 1 in 20 middle schoolers.**
- **Nicotine is highly addictive and harms brain development in people under age 25, impacting learning, memory and attention span.**
- **One vaping device can contain the same amount of nicotine as 20 cigarettes.**
- **In addition to nicotine, many e-cigarettes contain volatile organic compounds, ultrafine particles, heavy metals and cancer-causing chemicals.**

Source: U.S. Centers for Disease Control and Prevention

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