



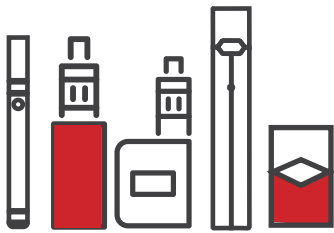
American
Heart
Association.

E-Cigarettes and Adolescents: What It's All About

E-cigarettes are electronic devices that are designed to deliver nicotine, flavorings, and other additives. **They are the most commonly used tobacco product among US middle and high school students.**

How do e-cigarettes work?

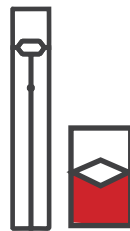
The user fills an e-cigarette with a liquid, which is heated by the device to produce an aerosol. The user inhales the aerosol into the lungs.



E-cigarettes may not look like cigarettes at all.

E-cigarettes come in different shapes and sizes. Some look like regular **cigarettes**. Others look like **USB flash drives, pens, cigars, pipes, and other everyday items.**

Know the Facts



One brand is a favorite of middle and high school kids.

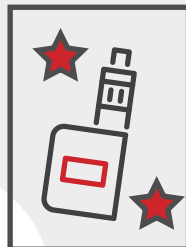
The e-cigarette landscape shifts rapidly. Products like **JUUL** use a pod/cartridge system that delivers high-nicotine liquids. Youth may also use a refillable tank system in which liquid is poured into the device. Recently, disposable e-cigarette products like PuffBar have become more popular among youth.

Kids use different names for e-cigarettes.

You may hear students use the terms "**e-cigs,**" "**e-hookahs,**" "**vapes,**" "**vape pens,**" "**mods,**" "**tank systems,**" or "**JUULs.**" Kids may refer to smoking e-cigarettes as "**JUULing**" or "**vaping.**"

Kids see e-cigarette ads.

Middle and high school students see e-cigarette ads in retail stores, on television, in movies, on the Internet, and in magazines and newspapers.



Kids use e-cigarettes for various reasons.

- Many youth report using e-cigarettes because of issues with anxiety and depression.
- They believe they aren't as harmful as other tobacco products.
- They have a friend or family member who is a user.
- They like the appealing flavors.
- E-cigarettes are easy to get and seem cool.

Kids Think They're Safe. They're Not.

E-Cigarette usage among kids is going up—and fast.

3.6 million

teens in the United States use e-cigarettes regularly. The use of disposable e-cigarettes **increased by 1,000%** among high school students and by **500%** among middle school students between 2019–2020.



E-cigarettes are harmful.

They are not nicotine-free.

Most e-cigarettes deliver nicotine, a highly addictive drug that can harm brain development.

They are not “just water vapor.”

The aerosol from e-cigarettes may be harmful to the lungs and the cardiovascular system.

They are a dangerous stepping stone.

Using them in middle or high school makes a student more likely to smoke other tobacco products.

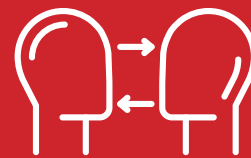
Students think, “I’ll just try one.”

Nearly 20% of kids who simply try an e-cigarette go on to become regular users.

What can you do?



Know the facts.
Learn about
e-cigarettes and
their risks to young
people.



Pay attention.
Students are likely using
them at your school in
hallways, bathrooms, and
even in your classroom.

Develop, implement, and enforce smoke-free school policies.

AHA's Tobacco Free Schools toolkit includes recommendations for prevention, cessation and alternatives to suspension to help schools better address vaping.

[HEART.ORG/ANTIVAPING](https://www.heart.org/antivaping)
[TOBACCOENDGAME.ORG](https://www.tobaccoendgame.org)