

VAPING & E-CIGARETTES

WHAT YOU NEED TO KNOW

IN MASSACHUSETTS VAPING AND USING TOBACCO PRODUCTS IS
ILLEGAL FOR ANYONE UNDER 21

WHAT IS VAPING?



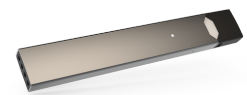
The act of inhaling and exhaling aerosol from an e-cig or similar device.

WHAT IS AN E-CIG?



E-cigarettes (vapes) come in many shapes and sizes. Some look like pens or USB devices.

WHAT IS A VAPE POD?



A vape pod clicks to the e-cigarette delivering the substance.

OTHER DRUGS CAN BE VAPED



E-cigarettes and vaporizers can be used to vape other substances such as marijuana.

"NIC SICK" SYMPTOMS

Ingesting too much nicotine can cause vomiting, headaches, dizziness, mouth-watering, and a racing heartbeat.

YOUTH VAPING INCREASED 80% IN 1 YEAR



1 in 4 Massachusetts high school students report current vape use.

INGREDIENTS IN A VAPE - IT'S NOT JUST FLAVORED WATER

NICOTINE

(extremely addictive and primes the teen brain for other drug use)

ULTRA-FINE PARTICLES

(linked to respiratory distress)

DIACETYL -

(flavoring linked to lung disease)

CANCER-CAUSING CHEMICALS

HEAVY METALS

(chromium, lead, manganese, nickel and zinc)

DID YOU KNOW?



One JUUL pod contains as much nicotine as a whole pack of cigarettes.

HOW TO RESPOND IF YOUR CHILD IS VAPING

1

KNOW THE FACTS

Use this resource and others to understand more about vaping. Learn about the devices and what is being vaped.

2

FIND OUT WHY

Common reasons teens are vaping include curiosity, flavors, cloud tricks, and peer pressure.

3

EXPLAIN THE RISKS

Express why you don't want them vaping, including health risks, injuries due to batteries, and addiction.

4

TALK TO A DOCTOR

If your child has been vaping, they may be addicted to nicotine. Talk to a doctor about ways to help them quit.



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For more information visit www.bchumanservices.net
and <https://www.mychoicematters.net/vaping-toolkit/>

