

# 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](http://www.bchumanservices.net)  
and <https://www.mychoicematters.net/vaping-toolkit/>

