

E-Cigarette & Vaping Information for Teens

No matter how it's delivered, nicotine is addictive and harmful for youth and young adults.

The U.S. Surgeon General warns that, the aerosol (vapor) from e-cigarettes is not harmless. It can contain harmful chemicals, including nicotine, which is highly addictive and damaging to the still developing youth brain; ultrafine particles that can be inhaled deep into the lungs; flavoring such as diacetyl, a chemical linked to a serious lung disease; volatile organic compounds (VOC) such as benzene, which is found in car exhaust; and heavy metals, such as nickel, tin, and lead. Teens and young adults all across the county are getting sick, including multiple deaths reported, and the only known link, is vaping. And this is just what they know right now! Vaping and e-cigarettes are still so new, that all the harmful effects are still unknown.

Just harmless water vapor? Think again.



truth initiative

Developed from extensive formative research, truth delivers the facts about the health effects and social consequences of tobacco use and the marketing tactics of the tobacco industry so that young people can make informed choices and influence others to do the same.

<https://truthinitiative.org/>

Six Important Facts About Juul you should know

<https://truthinitiative.org/research-resources/emerging-tobacco-products/6-important-facts-about-juul>



Illinois Department of Public Health (IDPH)

Stay informed and know the truth about the vaping-related illnesses in Illinois

<http://dph.illinois.gov/topics-services/prevention-wellness/tobacco/e-cigarettes-and-vapes>



YouTube

Complex News Presents Vape Nation: How Juul Created Next Gen Addicts: E-cigarette retailer and youth provide testimonials on e-cigarette epidemic

<https://www.youtube.com/watch?v=t3SGiaDcZQA>



Smoke-Free Teen

Cessation articles, information, and resources to help you quit
<https://teen.smokefree.gov/>



Become an Ex

Free digital resource to help tobacco users quit, including an active social community, text and email messaging support, expert guidance and interactive quitting tools
<https://www.becomeanex.org/>



truth

Let's be the generation to Finish It

<https://www.thetruth.com/>

The Vault- Vaping: Provides vaping facts and educational videos

<https://www.thetruth.com/the-vault/all?keywords=vaping>

This is Quitting: Free, 24-7 help with cravings, stress, slips, and regularly-scheduled messages and reminders that are designed to help you quit

Text "DITCHJUUL" to 887-09

<https://www.thetruth.com/articles/hot-topic/quit-vaping>



YOU'VE BEEN TARGETED

<https://www.vox.com/2019/1/25/18194953/vape-juul-e-cigarette-marketing>

https://www.youtube.com/watch?time_continue=1&v=AF0poKBUyok