**Talking About Vaping**

***Vaping nicotine can alter teen brain development.***



**Get the Facts:**

**Vaping is NOT harmless**

* + **Vaping can increase your exposure to harmful chemicals**
  + **Vaping can lead to nicotine addiction**
  + **The long-term effects of vaping are unknown**
  + **It may be rare, but defective vaping products (especially**

**batteries) may catch fire or explode leading to burns**

**or other injuries.**

** VAPING IS EASY TO HIDE, SO KNOW THE SIGNS.**

* Vape pens can look like USB flash drives.
* Kids who vape often cut back on caffeine, have an increased thirst, or get nosebleeds.
* Vaping doesn't smell like tobacco. You might detect a sweet scent.

***Below you'll find links to websites, reports educational materials, toolkits and more information on e-cigarettes.***

* [American Lung Association's Statement on E-cigarettes](https://www.lung.org/quit-smoking/e-cigarettes-vaping/lung-health) US Department of Health and Human Services
* [American Lung Association's Truth About E-Cigarettes Brochure](https://www.kramesstore.com/index.php/the-truth-about-e-cigarettes.html)
* [U.S. Surgeon General's Know the Risks: E-cigarettes and Young People](https://e-cigarettes.surgeongeneral.gov/)
* ["The Real Cost" Youth E-Cigarette Prevention Campaign](https://www.fda.gov/TobaccoProducts/PublicHealthEducation/PublicEducationCampaigns/TheRealCostCampaign/)
* [Campaign for Tobacco-Free Kids Taking Down Tobacco](http://takingdowntobacco.org/)
* [Stanford's Tobacco Prevention Toolkit](http://med.stanford.edu/tobaccopreventiontoolkit.html)
* CATCH My Breath E-Cigarette Prevention Program for Schools