



# Questions and Answers About E-cigarettes for Parents

**! Most e-cigarettes and all JUULs contain nicotine.** Nicotine is addictive and can be harmful to the brain and health of your kids. **Children and young adults should not vape or use any tobacco products.**

## What are e-cigarettes?

E-cigarettes are electronic devices that heat liquid flavors and chemicals (e-juice). The heating produces an aerosol, also called a vapor, which is a mix of small particles in the air. An e-cigarette might also be called:

- JUUL** (a brand of e-cigarettes)
- E-cigs**
- ENDS** (electronic nicotine delivery systems)
- ANDS** (alternative nicotine delivery systems)
- E-hookahs**
- Hookah pens**
- Vape pens**
- Vape mods**
- Vaporizers**
- Vapes**
- Tank systems**

## E-cigarettes can look like:

- Cigarettes**
- Cigars**
- Pipes**
- Pens**
- USB flash drives**
- Other common objects, such as car keys**



## Did you know?

Most e-cigarettes contain nicotine, the same addictive and poisonous chemical found in cigarettes and other tobacco products.

E-cigarette use in middle-schoolers and high-schoolers has dramatically increased. **Kids, teens, and young adults should *not* use e-cigarettes or any tobacco product.**

**For more information, answers, and support, visit the American Cancer Society website at [www.cancer.org](http://www.cancer.org) or call us at 1-800-227-2345.**

## What is vaping and JUULing?

“Vaping” means breathing in the aerosol or vapor of an e-cigarette. It’s important to know the aerosol coming out of an e-cigarette is **not** water vapor and is **not** harmless.

“JUULing” is a slang term created by users of a brand of e-cigarettes called JUUL, which is very popular among teenagers and young adults.

## How can e-cigarettes be harmful?

- Research has found that using e-cigarettes is likely to be less harmful than smoking regular cigarettes because e-cigarettes don’t burn tobacco. But they do contain nicotine, which comes from tobacco.
- **Nicotine is very addictive and can harm the brain development of teenagers.** All types of the JUUL brand of e-cigarettes contain particularly high levels of nicotine. **Vaping could make your kids want to try other, more harmful tobacco products, like regular cigarettes.**
- There are reports of severe lung illnesses in people who use e-cigarettes, including people who died after vaping.
- E-cigarette flavorings and vapor might have other substances that can cause lung disease, heart disease, and cancer, as well as other diseases.
- **People should not buy e-cigarette products or e-juice off the street. They should not change a vaping device in any way and should not add anything to it.**
- E-cigarettes expose people to secondhand vapor that may contain harmful substances.
- More research is needed to know the effects of smoking e-cigarettes over long periods of time.
- There have been reports of e-cigarettes exploding and causing serious injuries. The explosions usually are caused by batteries that are not working well or handled as they should be.

Using e-cigarettes can cause harm. Talk to the children, teenagers, or young adults in your life about why e-cigarettes are harmful. Quitting can help them live a longer and healthier life.