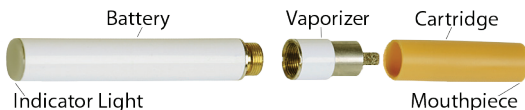


ELECTRONIC CIGARETTES: INFORMATION FOR TEENS

What are electronic cigarettes?

- ▶ Electronic cigarettes, or e-cigarettes, are battery operated devices that contain nicotine, flavors, and other chemicals.
- ▶ E-cigarettes give off a vapor instead of smoke. The vapor comes from heating a liquid.
- ▶ E-cigarettes are available in different flavors, such as chocolate, strawberry and mint, which may make them seem less harmful.
- ▶ E-cigarettes are designed to look like and be used in the same way as regular cigarettes.
- ▶ They are also called vaporizer pens and hookah pens. Here are some examples:



Don't Be Pressured to Smoke or Vape

- ▶ Stand up for your rights to be smoke-free and vape-free.
- ▶ If your friends are smoking or vaping, stand away from them while they smoke or vape, or tell them in a friendly way not to smoke or vape around you.
- ▶ Make up an excuse why you can't smoke or vape, such as you have asthma.
- ▶ Smoking or vaping may lead to problems because the people around you may be bothered by the vapor or smoke.
- ▶ In California, selling or giving e-cigarettes to people under 18 years old is illegal.

Do you or someone you know want to quit smoking?

**FREE HELP is available by calling
1-866-NEW-LUNG (1-866-639-5864)**

Myths and Facts about E-cigarettes

Myth: Everyone vapes.

Fact: In the U.S., only 1 in 10 high school students had ever used an e-cigarette in 2012. That means 9 in 10 high school students had never used an e-cigarette.

Myth: Using e-cigarettes is safe.

Fact: At this time, there are some short-term health effects, but we do not know if there are long-term health effects.

Myth: E-cigarettes don't have nicotine.

Fact: Some e-cigarette brands have claimed they do not contain nicotine, but when tested, they actually did.

Myth: Quitting nicotine or e-cigarettes is easy.

Fact: Once people start using products that contain nicotine, such as e-cigarettes, they may find it hard to stop.

Myth: Flavorings used in e-cigarette will not hurt me.

Fact: Some flavorings have been shown to be toxic when inhaling them.

Myth: It does not matter if my friends are vaping around me.

Fact: You are breathing in some of the same chemicals if your friends vape around you.