

Let's Talk About

VAPING



Volume 1



Myths

"Vaping is no big deal."

versus

FACTS

Vaping by Trumbull teens is on the rise, and there are significant health risks to our youth.



Let's Talk About

VAPING

Vapes are battery powered devices that heat a liquid into an aerosol vapor that the user inhales.

The most commonly used vape device by youth in Trumbull is a JUUL, a small discrete device that resembles a flash drive. JUULs use disposable "pods" to deliver nicotine.

Vaping liquid almost always contains nicotine (which is derived from tobacco), flavorings, and other chemical additives.

Some of these vaping products, called "dab pens", are used to inhale high potency marijuana and other illicit drugs.

Want more information?
Visit www.tpaud.org



What's In Your

JUICE?



Volume **2**



Myths

"It's just water vapor."

versus

FACTS

E-cigarette vapor contains nicotine, heavy metals, formaldehyde and other cancer-causing chemicals. Many ingredients in e-liquid are dangerous to inhale.



What's In Your JUICE?

Vape manufacturers are **not regulated** by the FDA, and almost all are imported from overseas. The results of just one FDA review of vape "juice" found hundreds of toxic and carcinogenic chemicals, including:

Lead
Formaldehyde
Toluene
Isoprene
Propylene Glycol



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NICOTINE:

What's The Big Deal?



Volume

3



Myths

"There's no nicotine in my e-liquid."

versus

FACTS

One single JUUL pod contains the nicotine equivalent of an entire pack of cigarettes. E-liquid nicotine levels are often mislabeled and tests have shown that some "nicotine-free" e-liquids contain nicotine.



NICOTINE:

What's The Big Deal?

98% of all vaping devices sold in the US - and ALL JUULs - contain nicotine.

Nicotine is one of the top 5 most **addictive** substances on Earth.

Teen brains continue to develop until the mid-20s. Nicotine exposure during that period can disrupt the growth of circuits that control attention and learning.

Vape liquid containing nicotine is so **toxic** it can be absorbed through the skin causing vomiting, nausea and seizures.

Teens can easily become addicted to nicotine by vaping. Nicotine addiction is linked to other substance use.

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Know Your HEALTH RISKS



Volume

4



Myths

"Vaping devices
are tested
and safe."

versus

FACTS

There are no longitudinal health studies
on these products. Our kids are the lab rats.



Know Your HEALTH RISKS

Vaping by youth is strongly associated with subsequent smoking of conventional cigarettes.

Youths who vape are more likely to use marijuana.

Vaping increases airborne concentrations of key pollutants and nicotine and can lead to increased coughing and wheezing and worsened asthma symptoms.

Vapes can explode causing serious injury.

With no long term health studies, we do not yet know the damage vaping has on our kids' **bodies and brains**.

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