



Vaping : Clear the Fog

Vaping is harmful to teens..... In this article, we will dig into data on youth e-cigarette use and explore ways to prevent future use.

Vaping, E-Cigarettes, Juuls, Oh My! Learn the Terms:

Vaping, Juuling: Vaping is using an e-cigarette/vapor product. Someone who uses the Juul brand may say they are Juuling.

Vapes, Vape Pens, E-Cigs, E-Cigarettes, Electronic Cigarettes, E-Hookahs: There are various names that are used to identify these products, but these are some of the more common terms. Some products are made to look like cigarettes.

E-Liquid, E-Juice, Vape Juice, Juul Pod: This is put into the e-cigarette device and often contains nicotine and flavoring.

Juuls: This is a brand of e-cigarettes that have become popular among teens because they are easy to conceal.

Juul Skins: This is a decal wrap that "personalizes" a Juul. Brands, colors, and designs are often targeted at teens.

SOME TEENS THINK E-CIGARETTES CONTAIN FLAVORED WATER.

REALITY CHECK

Most e-cigarettes contain nicotine, a powerfully addictive substance. E-Cigarettes often come in flavors that appeal to teens, such as cotton candy, strawberry, and mint.



Source: CDC

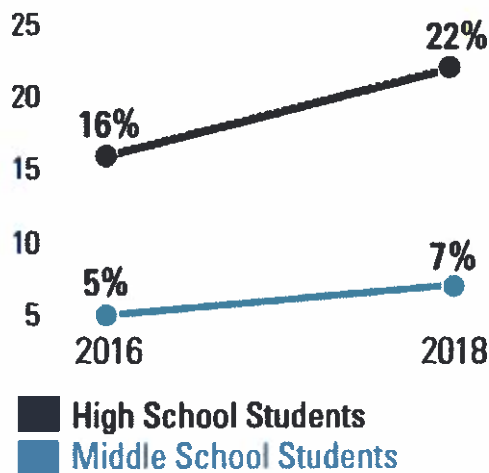
**KNOW WHAT
TO LOOK FOR**



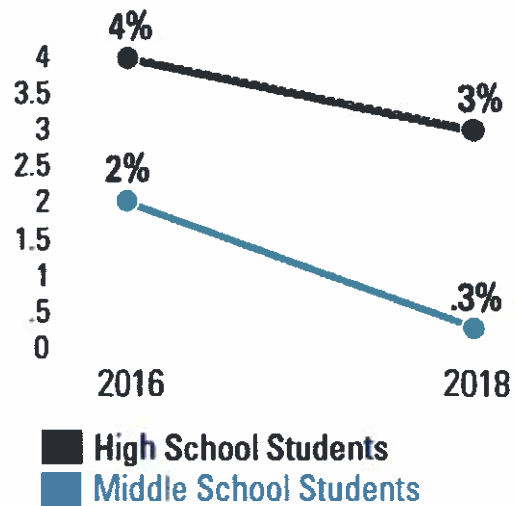
There has been an alarming increase in E-Cigarette use.

Although the percentage of youth who have smoked cigarettes in the last 30 days has steadily declined among all grade levels, the trend of students using e-cigarettes has increased exponentially. 1 in 5 high school students has used an e-cigarette in the past 30 days. When we break it down by grade, 1 in 3 students in eleventh grade have used an e-cigarette recently.

E-CIGARETTE *Past 30 Day Use*

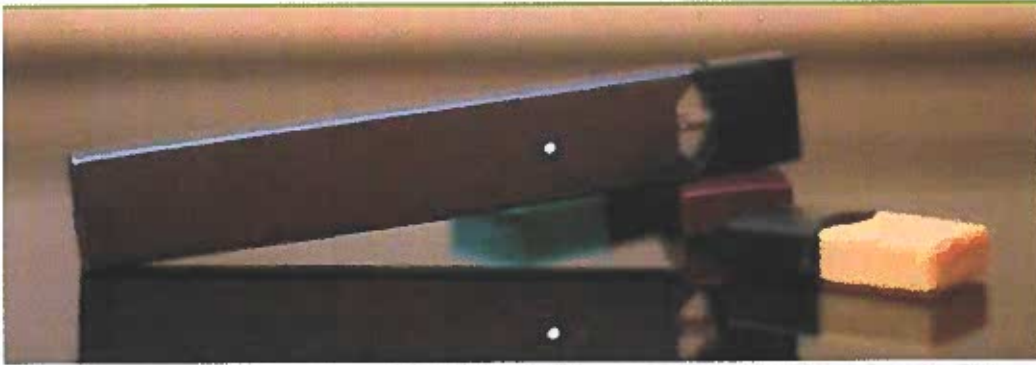


CIGARETTE *Past 30 Day Use*



Source: MiPHY 2018

Juuls and Juul Pods are easy to conceal and can be mistaken for USB drives.



Youth Access to E-Cigarettes:

It is most common for youth to access e-cigarettes and vapes from someone they know, such as a friend. While it is important to give youth privacy to make their own friends, it is okay to check in with them and help them determine what types of friends are positive friends and what types are negative.

ACCESS TO E-CIGARETTES 2018

MIDDLE SCHOOL E-CIGARETTE ACCESS POINTS



37%



11%



10%



6%



6%



30%



Borrowed from someone



Bought from someone



Got from someone over 18.



On the internet



Bought from a gas station
or store



Some other way

HIGH SCHOOL E-CIGARETTE ACCESS POINTS



39%



24%



14%



4%



6%



13%

Source: MiPHY 2018