

What Do You Know About These?

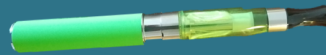
A Middle or High School Student Probably Knows More



Drop



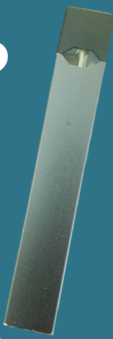
Breeze



Vape Pen



Juul Pod



Juul

These are all e-cigarettes, also known as vaping devices.

We asked middle school students about vaping and here's what you should know:

A Juul pod contains as much **nicotine** as a pack of 20 cigarettes.

1. The facts: Vaping involves breathing in the aerosol made by an e-cigarette. It's often called "Juuling" because of Juul's popularity (top right). About **90-99%**^{1,2} of vapes contain nicotine, which is addictive and harms brain development. Other **toxic substances** have also been found in vapes and some are used to consume marijuana. Youth may see or hear about vaping in school, so they know a lot about them, but sometimes they get the facts wrong. You can inform them. To learn more visit: www.preventionforme.org/resources/ends-toolkit/

2. Have a conversation: Young people see confusing messages about vaping: "vaping is harmful" vs. "vaping is cool and better than smoking." They may be curious, but **they will listen to you**. Be direct ("I don't want you to vape because.."), talk often, help them practice saying no, and tell them you care about them! Most young people don't vape, but talking to them about it can help make sure they don't decide to start.

3. Set clear expectations and follow through with consequences: Young people are less likely to vape or use tobacco if they know that the rules will be enforced. Check out this guide to learn what to say: www.drugfree.org/article/how-to-talk-with-your-kids-about-vaping/

4. If you think you know someone that needs help: Talk about your concerns and share these **free, 24/7** quit resources:
1. Text **DITCHJUUL to 887-09** for text reminders and tips for parents or youth, even if they aren't 100% sure about quitting yet.
2. Visit thequitlink.com for free tools and resources.

"I would be grounded, but I also feel that I would lose people's [especially my parent's] trust."
- Reason a Middle School student gave for not vaping



Contact us at info@healthyandroskoggin.org or 207-795-5990 for more information.

SOURCES: Three March-April 2019 focus groups conducted by Healthy Androskoggin with Androskoggin County middle school students.

1. Marynak, K.L. et. al. (2017). "Sales of nicotine-containing electronic cigarette products: United States, 2015," *AJPH*, 107(5): 702-705;

2. 2018 Arizona AG testing, www.publichealthlawcenter.org/webinar/what%e2%80%99s-hype-juul-electronic-cigarette%e2%80%99s-popularity-youth-young-adultshttps://drugfree.org/article/how-to-talk-with-your-kids-about-vaping/



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