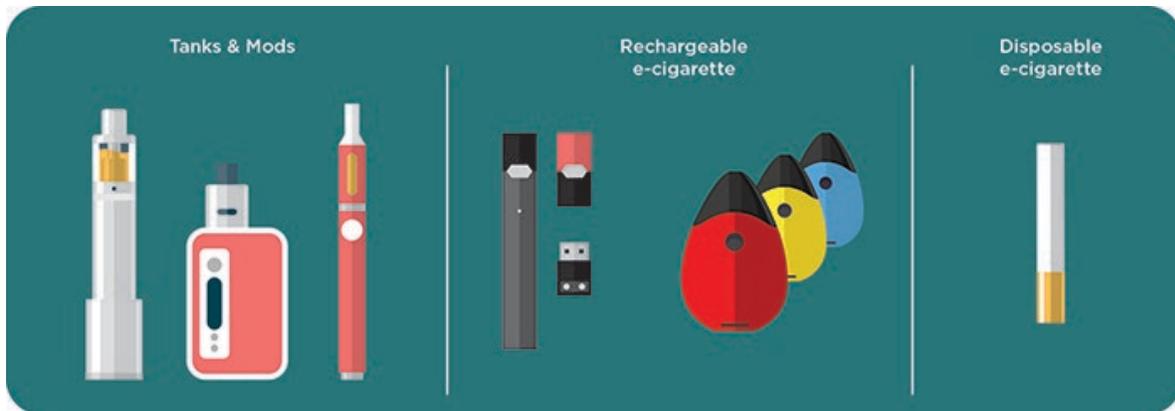


## Vaping – What Teachers and School Staff Need to Know

### What is an electronic cigarette or vape?

E-cigarettes, vapes, vape or hookah pens, e-pipes, and other vaping products are battery-powered devices that allow users to inhale, or vape, aerosolized liquid (e-juice). E-cigarettes come in many shapes and sizes. In addition to a battery, most have a heating element and a place to hold a liquid. Some e-cigarettes look like regular cigarettes, cigars, or pipes. The ones that are found in most schools look like USB flash drives, pens, or highlighters. Use of an e-cigarette is often referred to as “vaping” or “JUULing”.



### E-cigarettes contain harmful chemicals

These products are NOT safe for youth, young adults, pregnant women, or adults would do not currently use tobacco products. Most e-cigarettes contain nicotine, which is highly addictive and can be harmful to brain development, which continues until about age 25. Using products that contain nicotine before age 25 can harm the part of the brain responsible for memory, attention, and learning. Other potentially harmful ingredients in e-cigarettes include volatile organic compounds, ultrafine particles, cancer causing chemicals, and flavoring such as diacetyl, which is a chemical linked to “popcorn lung,” a serious lung disease. Additionally, certain toxic metals, including nickel, tin, and lead, which could be harmful if inhaled, have been found in e-cigarettes and vaping devices. There have also been incidents of e-cigarette batteries exploding or causing fires. Research on the health effects of secondhand aerosol is limited, but the secondhand aerosol is not harmless. It can contain harmful ingredients.

### What to look for?

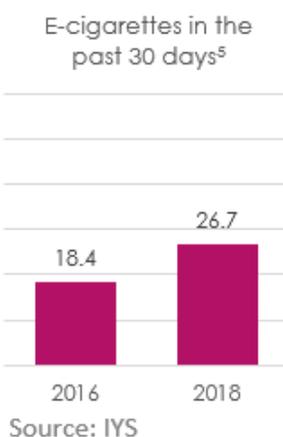
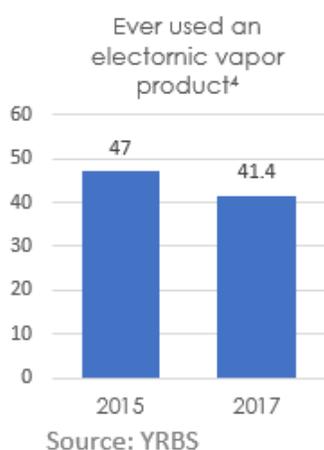
Since 2014, e-cigarettes and vapes have been the most commonly used tobacco product among U.S. middle and high school students. The U.S. Surgeon General has called youth vaping an “epidemic” and warned that it threatens decades of progress toward making sure fewer people use tobacco. Parents and educators need to learn about the different shapes and types of e-cigarette and vapes and the risks of all forms of nicotine use for young people. They also need to be aware of unregulated advertising promoting the sale of “vape” clothing which helps kids discreetly use these products, especially the ones in the shape of a USB flash drive. Items such as hoodies and backpacks allow youth to use vape products undetected in classrooms and bathrooms of schools.

Parents should talk to their children about the risks of e-cigarette/vape use among young people and express firm expectations that their children remain tobacco-free. Educators should develop, implement, and enforce tobacco and vape-free school policies.

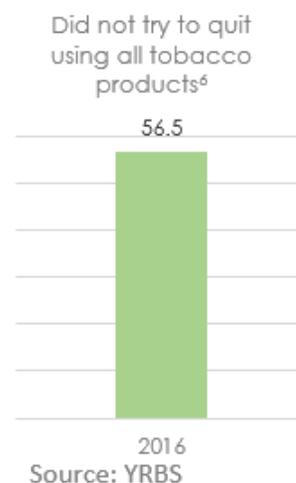
### Where can schools staff and parents access resources?

Among U.S. and Illinois high school students in 2017, almost 28 percent reported having ever tried cigarette smoking; 8 percent reported currently smoking cigarettes (at least one time during the last 30 days); 42 percent reported having ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens); and 13 percent reported currently using an electronic vapor product.<sup>1</sup> Alarmingly, e-cigarette use by high school seniors is higher than cigarette use was 10 years ago. Between 2016 to 2018, e-cigarette use in Illinois increased from 18.4% to 26.7% among high school seniors, a 45% increase; a 15% increase was seen among 8<sup>th</sup> grade students; and a 65% increase among 10<sup>th</sup> grade students.<sup>2</sup> E-cigarettes put youth at risk for addiction and possibly worse asthma outcomes<sup>3</sup>, yet almost 40% of 10<sup>th</sup> and 12<sup>th</sup> grade youth believe there is low or no risk of negative health effects.<sup>2</sup> Beginning July 1, 2019, Illinois law prohibits the sale of tobacco products, including these products, to people younger than age 21.

#### Current E-Cigarette Trends



#### Youth Cessation



\*Electronic vapor product includes e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens.

- **E-cigarettes, Vapes, and JUULS** - <http://dph.illinois.gov/topics-services/prevention-wellness/tobacco/e-cigarettes-and-vapes>
- **Fact Sheet—E-Cigarettes Shaped Like Flash Drives: Information for Parents, Educators, and Health Care Providers**
- **Fact Sheets—E-Cigarettes and Youth**
  - [E-Cigarettes and Youth: What Parents Need to Know pdf \[PDF–1 MB\]](#)
  - [E-Cigarettes and Youth: What Health Care Providers Need to Know pdf \[PDF–963 KB\]](#)
  - [E-Cigarettes and Youth: What Educators and Coaches Need to Know pdf \[PDF–808 KB\]](#)
- **Infographic—Teachers and Parents: That USB Stick Might Be an E-Cigarette**
- **Talk with Your Teen About E-Cigarettes: A Tip Sheet for Parents pdf [PDF–5.20 MB]**
- **Print Ad—“One Brain” pdf [PDF–2.56 MB]**
- **Evidence Brief: [Tobacco Industry Sponsored Youth Prevention Programs in Schools](#)**