



IMPORTANT FACTS TO SHARE WITH KIDS

www.fda.gov/tobacco

Vape aerosol can contain harmful chemicals

Vaping can expose the user's lungs to harmful chemicals like formaldehyde, acrolein, and acetaldehyde, which are known to cause irreversible lung damage.

There can be danger behind the flavor

Vapes get their flavors from chemicals. While these flavorings are safe to eat in food, they're not safe to inhale. Inhaling flavor chemicals can harm your lungs. Some buttery-flavored vapes like caramel contain diacetyl and acetoin. Inhaling diacetyl has been linked to popcorn lung, a lung disease that doesn't have a cure.

Most vapes contain nicotine, which is highly addictive

Vaping delivers nicotine to the brain in as little as 10 seconds. A teen's brain is still developing, making it more vulnerable to nicotine addiction. Nicotine exposure during the teen years can disrupt normal brain development. It may have long-lasting effects, like increased impulsivity and mood disorders.

Vapers could be inhaling metal particles into their lungs

Vape aerosol could be delivering metal particles like chromium, nickel, lead, tin and aluminum right into your lungs. Some of these metals are toxic



1 Learning more about the different types of e-cigarette products is an important first step in addressing youth vaping. In fact, they are the most commonly used tobacco product among both middle and high school students.

2 Most e-cigarettes contain nicotine, the same highly addictive drug in cigarettes. Some e-cigarettes may contain as much nicotine as a pack of 20 regular cigarettes.

3 You may have already seen or heard about students vaping in your school, but it is important to know that certain types of vapes can be used very discreetly.

4 E-cigarettes come in a variety of shapes and sizes and may not look like a tobacco product, which can make them hard to spot.

5 Certain products emit very low amounts of aerosol or “vapor,” which makes them easier to use discreetly than combustible cigarettes.

6 Some devices popular among teens, like JUUL and myblu are as small as a USB flash drive and even look like one.

More than 5 million U.S. youth are using e-cigarettes. How much do you know about the epidemic?

E-cigarettes, also known as “vapes,” are increasingly popular among teens.

In fact, they are the most commonly used tobacco product among both middle and high school students. You may have already seen or heard about students vaping in your school, but it is important to know that certain types of vapes can be used very discreetly.

Many teens have dangerous misperceptions that lead them to believe that vaping is harmless

Some teens report using e-cigarettes in school bathrooms and even in the classroom.

According to the CDC, over 38.4 percent of high school students and over 10 percent of middle school students have used either e-cigarettes or vapes in 2024.

Quitting Help Is Available

There is an urgent need to share resources with teens who are addicted to e-cigarettes to help them quit. Together with the National Cancer Institute, the FDA has launched a series of web pages to help.

Visit Smokefree Teen at <https://teen.smokefree.gov/quit-vaping>

If you identify teens using e-cigarettes at school, it is critical to share the resources at Smokefree Teen to help them quit.

Other Resources

If you know a student who has experienced unexpected health or safety problems related to e-cigarettes, we encourage you to report this incident to FDA through the online Safety Reporting Portal. These reports are confidential and help the FDA identify trends and causes. To follow recent information on outbreaks linked to e-cigarette use, visit the FDA and CDC websites.

Flyer Summary

Title: Dangers of Vaping

Company: Collier County Sheriff's Office

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