Questions and Answers about E-cigarettes for Parents

Most e-cigarettes and all JUULs contain nicotine. Nicotine is addictive and can be harmful to the brain and health of your kids. Children and young adults should not vape or use any tobacco products.

What are e-cigarettes?
E-cigarettes are electronic devices that heat liquid flavors and chemicals (e-juice). The heating produces an aerosol, also called a vapor, which is a mix of small particles in the air. An e-cigarette might also be called:

- **JUUL** (a brand of e-cigarettes)
- **E-cigs**
- **ENDS** (electronic nicotine delivery systems)
- **ANDS** (alternative nicotine delivery systems)
- **E-hookahs**

**E-cigarettes can look like:**
- Cigarettes
- Cigars
- Pipes
- Pens
- USB flash drives
- Other common objects, such as car keys

What is vaping and JUULing?
“Vaping” means breathing in the aerosol or vapor of an e-cigarette. It’s important to know the aerosol coming out of an e-cigarette is **not** water vapor and is **not** harmless.

“JUULing” is a slang term created by users of a brand of e-cigarettes called JUUL, which is very popular among teenagers and young adults.

How can e-cigarettes be harmful?
Research has found that using e-cigarettes is likely to be less harmful than smoking regular cigarettes because e-cigarettes don’t burn tobacco. However, they do contain nicotine, which comes from tobacco. More research is still needed to know the effects of smoking e-cigarettes over long periods of time. Here is what we do know:

- Most e-cigarettes contain nicotine that can harm the brain development of teenagers. All types of the JUUL brand of e-cigarettes contain particularly high levels of nicotine.
- Nicotine in e-cigarettes is derived from tobacco and is very addictive. It could make your kids want to try other, more harmful tobacco products, like regular cigarettes.
- E-cigarette flavorings and vapor might have other substances that can cause lung disease, heart disease, and cancer, as well as other diseases.
- E-cigarettes expose people to secondhand vapor that may contain harmful substances.
- There have been reports of e-cigarettes exploding and causing serious injuries. The explosions usually are caused by batteries that are not working well or handled as they should be.

Using e-cigarettes can cause harm. Talk to the children, teenagers, or young adults in your life about why e-cigarettes are harmful. Quitting can help them live a longer and healthier life.

Did you know?
Most e-cigarettes contain nicotine, the same addictive and poisonous chemical found in cigarettes and other tobacco products.

E-cigarette use in middle-schoolers and high-schoolers has dramatically increased. **Kids, teens, and young adults should not use e-cigarettes or any tobacco product.**

For more information, answers, and support, visit the American Cancer Society website at cancer.org or call us at 1-800-227-2345.