



Questions and Answers about E-cigarettes for Parents

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**
- Hookah pens**
- Vape pens**
- Vape mods**
- Vaporizers**
- Vapes**
- Tank systems**

E-cigarettes can look like:

- Cigarettes**
- Cigars**
- Pipes**
- Pens**
- USB flash drives**
- Other common objects,** such as car keys



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. No youth should use e-cigarettes or any tobacco product.

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 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. 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. The popular JUUL brand of e-cigarettes has particularly high levels of nicotine.
- E-cigarette flavorings and vapor might have other substances that can cause lung disease, heart disease, and cancer, as well as other diseases.
- E-cigarette use may lead teenagers to using other more harmful tobacco products later in life.
- E-cigarettes expose people to secondhand vapor that may contain harmful substances.
- There have been reports of e-cigarettes exploding and causing serious injuries. Usually, the explosions 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.

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