



What You Need to Know about E-cigarettes: For Middle and High School Students

What are e-cigarettes?

E-cigarettes are electronic devices that heat liquid flavors and chemicals (e-juice). They create an aerosol, also called a vapor. This creates a mix of small particles that you inhale. You may have heard e-cigarettes being 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

What is vaping?

“Vaping” means you are using any kind of e-cigarette and breathing in its aerosol or vapor.

Is JUULing different than vaping?

No. JUUL is a brand of e-cigarettes. JUULs have very high levels of nicotine. Nicotine can be very addictive. It can harm your brain growth, especially if you are a teenager. Any e-cigarette that has nicotine can be addictive, but JUULs may be even more addictive than some other types of e-cigarettes because of the liquid used and the way a JUUL works.

How can e-cigarettes be harmful?

- While using e-cigarettes seems to be less harmful than smoking, it is not harmless. But, scientists still need to find out what the harms of using e-cigarettes might be when they are used over a long period of time.
- E-cigarettes often have nicotine that can make you become addicted to them and may make you want to try other, more harmful types of nicotine products.
- E-cigarettes often have added flavors and other chemicals, some of which can be toxic.
- When a person vapes, other people around them can breathe in the vapor, which can be harmful to their health.
- E-cigarettes can explode if the battery is not working well or is not used in the right way.

E-cigarettes can be addictive and harmful to your health.

If you don't use e-cigarettes or other tobacco products, don't start.

If you, a friend, or family member uses e-cigarettes or other tobacco products, talk to a doctor about quitting.

Avoid being around people when they are using tobacco products, including e-cigarettes.



For cancer information, answers, and support

Visit the American Cancer Society website at [cancer.org](https://www.cancer.org) or call us at **1-800-227-2345**.