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

Most e-cigarettes and all JUULs contain nicotine. Nicotine is addictive and can be harmful to your brain and health. **You 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). 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 JUUL works.

How can e-cigarettes be harmful?
- While using e-cigarettes is less harmful for adults than smoking regular cigarettes, it is not harmless for kids, teens, and young adults. 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.

- **Most e-cigarettes and all JUULs have nicotine.** Nicotine comes from tobacco and is very addictive. It could make you want to use other, more harmful tobacco products like regular cigarettes.

- 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.

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