



# VAPING & E-CIGARETTES

WHAT YOU NEED TO KNOW ABOUT THESE DEVICES AND HOW THEY AFFECT YOUTH

## WHAT ARE THEY?

They are often called e-cigs, vape pens, hookah pens, mods, juuls, or tanks.

**These devices may look like colorful or metallic pens, flashlights, bottles, or traditional cigarettes.**

No matter what the name or design, they all use battery power to heat up a liquid that often contains nicotine and other chemicals, which turns into vapor and is then inhaled.

These liquids come in sweet and fruity flavors that are likely to be attractive to youth.

## WHAT'S THE RISK?

**These devices:**

- > Often contain highly addictive nicotine, which is harmful to the developing brain
- > Still not regulated by the FDA and have not been proven to be a safe alternative to cigarettes
- > Can be used to “smoke” marijuana with little or no scent

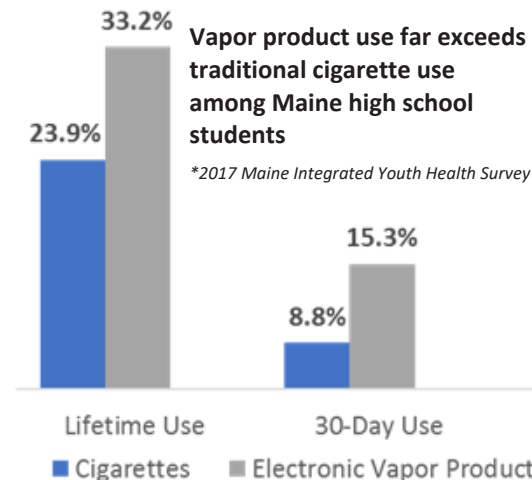
## WHAT CAN YOU DO?

Stay informed and provide accurate information on these devices and the risks to others.

Encourage your local school, work site, or community to include these devices in their tobacco use policies as prohibited items.

**For more information, contact:**

**Westbrook Communities that Care:**  
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Supporting a safe and healthy future for Westbrook youth

[www.WestbrookCTC.org](http://www.WestbrookCTC.org)

