

E-cigarettes—also known as vapes and juuls—are now the most commonly used tobacco product among American youth.

There is a widespread—and mistaken—assumption that vapes are safe. While they may be a less lethal alternative for persons already addicted to nicotine, vapes are not safe for youth, young adults, pregnant women, and adults who do not currently use tobacco products.



### **Consider these facts from the Centers for Disease Control:**

- According to a recent study, about 1 of every 6 high school students used e-cigarettes in the past month. More than a quarter of youth in middle and high school have tried e-cigarettes. Although the devices are illegal for minors to purchase, young people can easily buy them online.
- Research has found that youth who use a tobacco product such as e-cigarettes are more likely to go on to use other tobacco products like cigarettes.
- Many e-cigarettes contain nicotine, which is highly addictive. The devices can also be used to deliver other drugs, including marijuana, opiates, and synthetics.
- The brain is the last organ in the human body to develop fully. Brain development continues until the early to mid-20s. Nicotine exposure during adolescence can disrupt the growth of brain circuits that control attention, learning, and susceptibility to addiction.
- The effects of nicotine exposure during youth and young adulthood can be long-lasting and can include lower impulse control and mood disorders.
- The nicotine in e-cigarettes and other tobacco products can prime young brains for addiction to other drugs.