



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.
- Some e-cigarette users have had very serious lung illnesses, including people who died after vaping.
- 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. **Do not buy e-cigarette products or e-juice off the street. Do not change a vaping device in any way, and do not add anything to it.**
- 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](https://www.cancer.org) at www.cancer.org or call us at 1-800-227-2345.