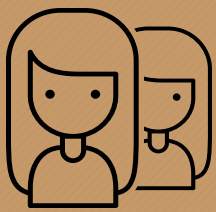


Teen Use of e-Cigarettes

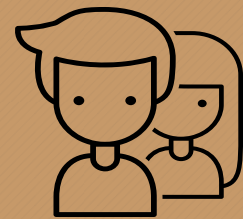
AWARENESS

E-cigarettes are a rapidly emerging and diversified product class. These devices typically deliver nicotine, flavorings, and other additives to users via an inhaled aerosol. These devices are referred to by a variety of names, including "e-cigs," "e-hookahs," "mods," "vape pens," "vapes," and "tank systems."

The most recent data available shows that Teen use in a 30-day period was the following:



16.0% among high school students (2015)



13.6% among young adults 18-25 years old (2014)

Tips for Parents

1 in 6

Teens will try e-Cigarettes

- When talking to your kids be patient and ready to listen.
- Avoid criticism and encourage an open dialogue.
- Remember, your goal is to have a conversation, not to deliver a lecture.
- It's OK for your conversation to take place over time, in bits and pieces.

These e-cigarettes look like flash drives and do not give out smoke.



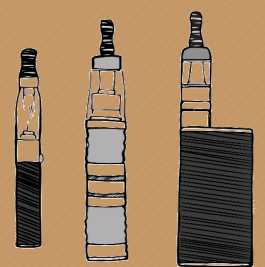
Educate yourself on the types of e-Cigarettes and how kids can get access to them.

REMEMBER! Talk to your Kids!!

- Many e-cigarettes have nicotine in them. That's the drug that makes cigarettes so addictive.
- A report from the Surgeon General states that e-cigarettes can mess with how your brain develops and might even affect your mood and focus.

Set a positive example by being tobacco-free.

- If you use tobacco, it's never too late to quit. For free help, visit smokefree.gov or call 1-800-QUIT-NOW.



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Prevent the use of e-Cigarettes!

Source: <https://www.cdc.gov/features/ecigarettes-young-people/index.html>

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