

8 Questions About Vaping and Teens



1 WHAT IS VAPE?

Vape is another word for electronic cigarettes, or e-cigarettes. E-cigarettes include electronic nicotine delivery systems (ENDS), mods, vape pens, vapes, e-hookahs, and JUUL (a brand of e-cigarette).



2 HOW DO VAPES WORK?

Vapes have a chamber or cartridge filled with chemicals and nicotine (called 'e-juice' or vaping liquid.) Heat from the battery turns the liquid into vapour, which the user inhales (vaping).

3 WHY DO TEENS USE VAPE?

Teens may be curious and choose to vape for a variety of reasons, including to:

- have fun
- look/feel more mature
- reduce tobacco use
- fit in/make friends
- try something new
- focus or cope

Vaping to cope is not a healthy strategy. Try music, reading, physical activity, hobbies, volunteering, hanging out with friends or talking with others about how you feel.

4 IS VAPE ADDICTIVE?

It sure can be. Nicotine is hard to quit. Inhaled nicotine travels in the blood stream from the lungs to the brain where it can produce short-lived, pleasant effects. When these go away the user craves more, leading them to vape again. The more nicotine used, the more the brain needs to feel good. Needing more and more of a drug is called increased tolerance and is a sign of addiction.



5 WHAT IS NICOTINE WITHDRAWAL?

When someone who is addicted to nicotine tries to stop, they experience unpleasant mental & physical changes, including intense cravings. These are symptoms of nicotine withdrawal. Experiencing nicotine withdrawal is a sign of addiction.

7 WHAT ELSE SHOULD I KNOW ABOUT VAPING?

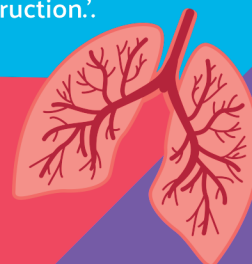
Misinformation has some teens believing vape is harmless. Vape includes several different chemicals, and often nicotine. Some teens also believe vaping is better than smoking. Vaping is a relatively new behaviour; we do not know its long-term effects. It may cause lung injury or disease. Some youth who vape progress to smoking cigarettes. Youth who use vape to try to quit smoking cigarettes often end up using both.

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HOW DOES VAPING AFFECT MY BRAIN AND BODY?

Nicotine is a stimulant - it 'wakes up' the brain and body. Users feel alert & energized, but the effects do not last. Although research is still underway, inhaling vape may negatively affect the lungs.

Nicotine can also harm the growing brain - particularly the parts that control attention, learning, mood & impulse control. Using nicotine as a teen may increase the risk for future addiction to other drugs by creating and strengthening the 'addiction' pathways in a brain that is still 'under construction.'



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HOW DO I LEARN MORE?

There is much more to learn about vaping so you can be informed and TALK SMART.

Visit [mentalhealthliteracy.org](https://www.mentalhealthliteracy.org) to get the info you need.