



Electronic Cigarettes, Vaping and JUUL: What Schools AND Teens Need to Know

E-cigarettes are not safe

- E-cigarette “juice” contains nicotine (including flavored pods)
- One pod from an e-cigarette contains as much nicotine as two packs of cigarettes
- Nicotine is an addictive substance, it can be just as addictive as heroin
- The effects of nicotine on the adolescent brain can be severe – it causes permanent damage to the brain, increases mood disorders, and impairs memory and learning.
- Nicotine use increases the risk of later illicit drug use
- E-cigarette “vapor” contains chemical that cause cancer (carcinogens) including volatile organic chemicals, heavy metals, and particulates.
- Use of e-cigarettes by adolescents has been linked to increased likelihood using tobacco products (cigarettes and chewing tobacco)
- Nicotine addiction is hard to break. Teens will need help to quit.

Signs of Nicotine addiction:

- Strong craving for nicotine — Withdrawal can occur within hours of last use
- Increased anxiety, irritability, restlessness or difficulty concentrating
- Depressed mood, increased frustration and anger
- Change in appetite, insomnia, constipation or diarrhea

Teens interested in quitting should speak to their Pediatrician or Primary Care Provider for medication to help with the nicotine addiction

Resources (for helping teens quit)

- [WI Tobacco Quit Line](#): 800-Quit-Now. Telephone coaching available to Wisconsin vapers or smokers who want to quit.
- [This is Quitting](#): Text “DITCHJUUL” to 88709. This is a texting program designed specifically for teenagers to help them quit.
- [SmokeFree TXT for Teens](#): Go to teen.smokefree.gov. 6-8 week program for teens and young adults (13-19 years old)