

# TOBACCO AND NICOTINE USE AMONG YOUTH

## QUICK FACTS FOR ADULTS

Since the introduction of electronic nicotine delivery systems (ENDS) in 2006, the United States has seen a rapid increase of electronic cigarettes (e-cigarettes) and other vaping devices used among our youth.

The Tobacco Free Community Coalition (TFCC) created this infographic and an accompanying toolkit in response to the community and schools' requests for more information and resources about ENDS.

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## WHAT ARE "ENDS"?

**Electronic nicotine delivery systems (ENDS)**, also known as **e-cigarettes, vapes, vape-pens, mods, electronic smoking devices, and JUULs**, are battery operated devices that allow the user to inhale an aerosol (NOT a harmless water vapor) containing nicotine, flavorings, heavy metals, and other harmful toxins.



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## NICOTINE



Almost all tobacco and ENDS products contain nicotine, a **highly addictive chemical**. Nicotine can have long lasting effects on brain development, making it harder to concentrate and learn.

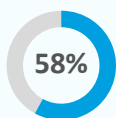
It can also **worsen anxiety, irritability, and impulsivity**. Many ENDS products use nicotine salts, which provide users with a smoother and easier vaping experience.

## WHY ARE E-CIGARETTES HARMFUL?

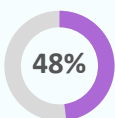
E-cigarette use can be harmful to youth. It carries real **health and safety risks** including:

- Contains toxic chemicals and metal particles
- Can increase the likelihood of future cigarette use
- Devices can explode
- Disposable vapes can cause environmental harm
- Can negatively effect mental health

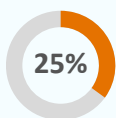
## WHY YOUTH USE



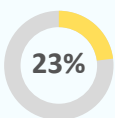
Use by a friend



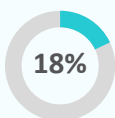
Curiosity about them



Due to feeling anxious, stressed, or depressed



To get a high or buzz from nicotine



Use by a family member

## OTHER TOBACCO PRODUCTS



There are a number of other tobacco products youth may be using including **cigarettes, smokeless tobacco, cigars, hookah, orbs, and heated tobacco products.**

## RESOURCES

Scan the QR code to view the **full toolkit** and **free resources** for schools, parents, and students.



## CONTACT US

For more information, please email [CvilleTFCC@gmail.com](mailto:CvilleTFCC@gmail.com)

### Sources:

- <https://e-cigarettes.surgeongeneral.gov/knowtherisks.html>
- <https://www.undo.org/addicting-kids/the-effects-of-nicotine-on-the-adolescent-brain>
- <https://digitalmedia.hhs.gov/tobacco/hosted/Vaping-ECigarettes-Youth-Toolkit.pdf>
- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/what-does-vaping-do-to-your-lungs>
- <https://truthinitiative.org/research-resources/emerging-tobacco-products/young-people-who-vape-are-much-more-likely-become>
- <https://truthinitiative.org/research-resources/emerging-tobacco-products/colliding-crises-youth-mental-health-and-nicotine-use>
- <http://dx.doi.org/10.15585/mmwr.ss7105a1>