

July 2019 Royal Throne



In the past year alone, **vaping** among high school students has increased **78%**!

E-cigarettes, also known as “vapes,” are the most commonly used tobacco products among middle and high school students.

Over 10.7 million children aged 12-17 are at risk for using e-cigarettes!

FACTS

- *Vapes do not always look like a tobacco product, making them hard to recognize.
- *Some products are as small as a USB flash drive and even resemble one—these devices are very popular among teens.
- *Some vapes produce very minimal amounts of vapor, which makes them easier to use discretely.
- *Nicotine, the same highly addictive drug found in cigarettes, is also found in most e-liquids.
- *Some vape pods have as much nicotine as 20 regular cigarettes!

Information from <https://www.fda.gov>

MYTHS

- *“It’s just water vapor.” Vaping exposes the user’s lungs to harmful chemicals including propylene glycol, glycerin, and benzoic acid, and toxic metal particles like lead.
- *“I won’t get hooked on vaping.” Vape juice contains nicotine, and teens are vulnerable to nicotine addiction because of their developing brains.
- *“It’s just flavoring.” Vape juices get their flavors from chemicals that are not safe to inhale. Buttery-flavored vapes contain diacetyl and acetoin. Inhaling diacetyl is linked to popcorn lung, a lung disease that does not have a cure.
- *“Vaping does not lead to smoking cigarettes.” Actually teens who vape are more likely to try cigarettes.
- *“Nicotine isn’t that bad.” Exposure to nicotine as a teen can interrupt brain development and lead to mood disorders.

For more information about tobacco use prevention and control, contact New Opportunities at 712-792-9266!

“Each one of us can make a difference. Together we make change.” - Barbara Mikulski

A Tip from the Financial Literacy Coordinator: Consider unsubscribing from sales emails to help you save money—the temptation to spend is everywhere, but the hottest spot could be your inbox!