

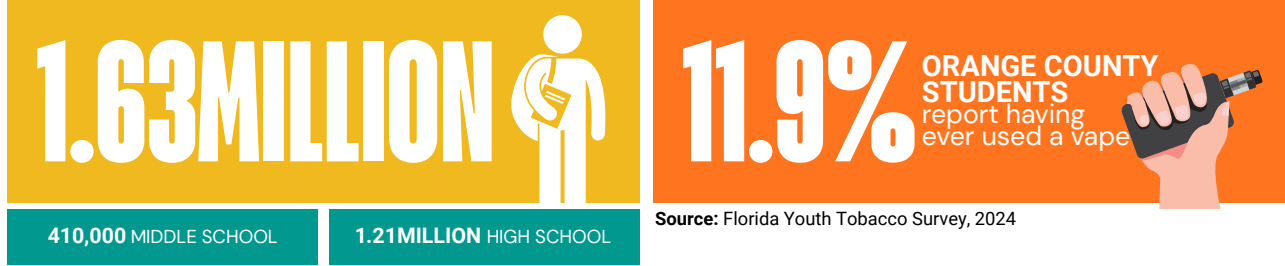
THE DANGERS OF YOUTH VAPING

KNOW THE FACTS



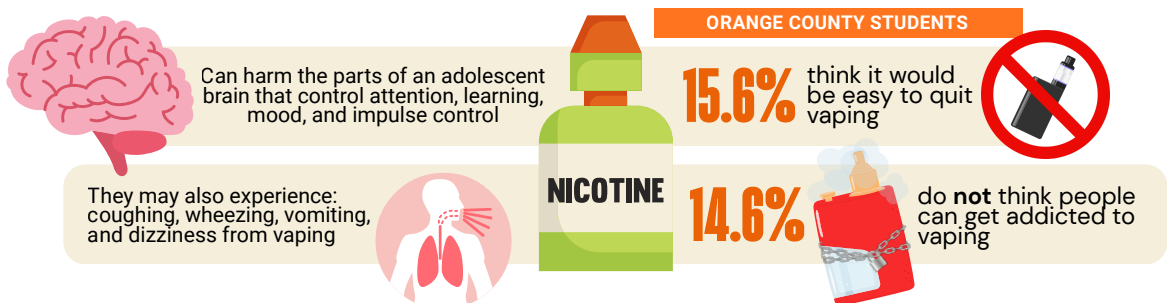
1 E-CIGARETTES ARE THE MOST COMMONLY USED TOBACCO PRODUCT AMONG MIDDLE & HIGH SCHOOL STUDENTS IN THE UNITED STATES.

➤ In 2024, the National Youth Tobacco Survey found that more than **1.63 million** youth use e-cigarettes – also known as vapes. Many of these students vape every day.

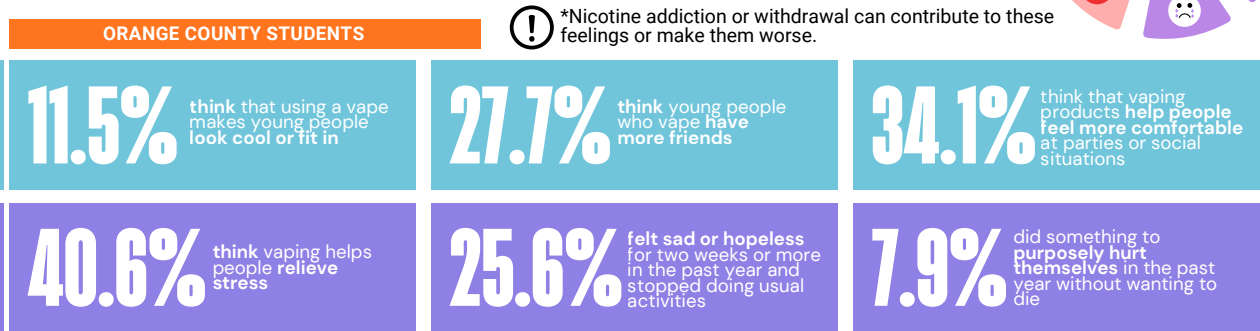


2 NICOTINE IS THE MAIN ADDICTIVE SUBSTANCE IN TOBACCO PRODUCTS, INCLUDING E-CIGARETTES.

- With repeated use, a person's brain gets used to having nicotine. This can make them think they need nicotine just to be okay. This is part of nicotine addiction.
- Because the adolescent brain is still developing, it is uniquely susceptible to nicotine, making it easier for teens to become addicted.
- Vaping puts youth at risk for serious and lasting health consequences.



3 THE MOST COMMON REASON STUDENTS GIVE FOR TRYING AN E-CIGARETTE IS "A FRIEND USED THEM." & THE MOST COMMON REASON THEY GIVE FOR CURRENTLY USING E-CIGARETTES IS "I AM FEELING ANXIOUS, STRESSED, OR DEPRESSED."

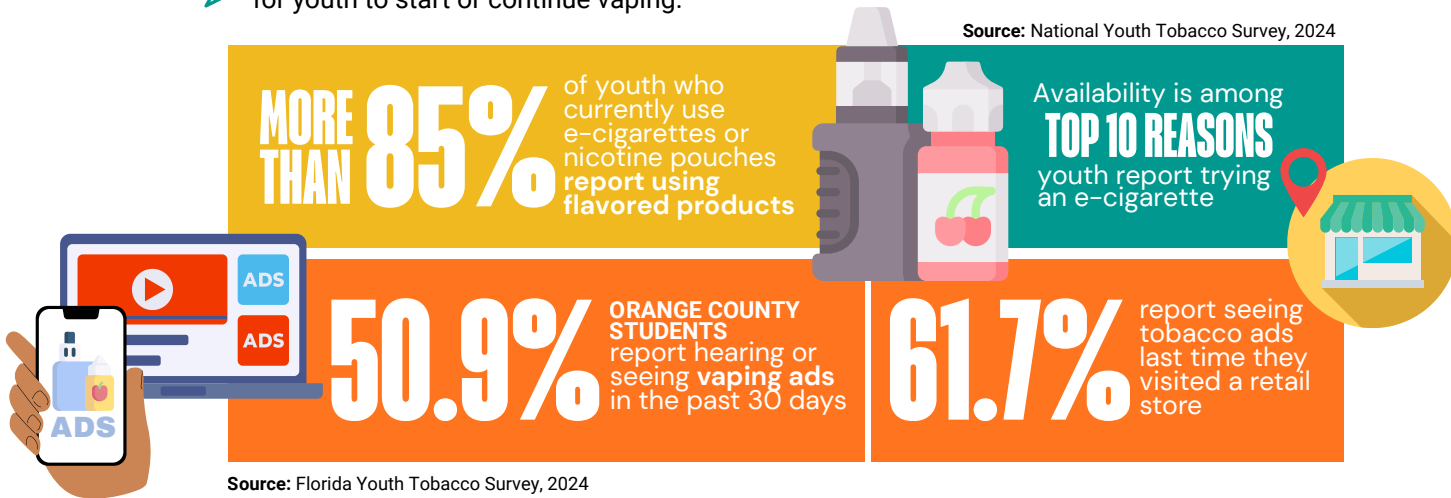


Source: Florida Youth Tobacco Survey, 2024

4 WIDESPREAD ADVERTISING FOR E-CIGARETTES HAS CONTRIBUTED TO YOUTH VAPING.

- Tobacco companies use the same advertising themes and tactics that have been shown to increase youth initiation of cigarettes and other tobacco products. They also place ads on television and in other media where ads for other tobacco products, like cigarettes, are not allowed.
- Marketing of flavored products and availability of these products are a contributing factor for youth to start or continue vaping.

Source: National Youth Tobacco Survey, 2024



5 PARENTS AND EDUCATORS HAVE AN IMPORTANT ROLE IN PROTECTING YOUTH FROM VAPING.

- Youth also report vaping because they are curious about e-cigarettes or because a family member used them. Many parents are unaware that their children have tried a vape product.
- Parents and educators can make a real difference by engaging in meaningful conversations with youth about the dangers of vaping for young people and ways to quit.



For resources on how to speak to students about vaping, substance use and more, visit the **Orange County Responds Resource Library**.

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