

Teens and e-cigarettes: Is Vaping Safe?

Factual Information from the Substance Abuse & Mental Health Services Administration

KNOW THE LAW:

People ages 18 and older are allowed to buy e-cigarettes in most states—other states have an age requirement of 19 or 21. However, just because e-cigarettes are legal for adults to purchase, doesn't mean they are safe, especially for young people.

KNOW THE RISKS:

Nicotine is highly addictive and can harm the developing adolescent brain. The nicotine in e-cigarettes and other tobacco products can also prime young brains for addiction to other drugs.

LOOK AROUND YOU:

E-cigarettes are the most-commonly-used tobacco product among youth. However, four out of five U.S. students underestimate peer e-cigarette use. If you have never smoked or used other tobacco products or e-cigarettes for vaping, don't start. Bottom line: Vaping is not safe for young people.

A QUICK Q & A ABOUT VAPING

Q: AREN'T E-CIGARETTES SAFER THAN SMOKING CIGARETTES OR USING SMOKELESS TOBACCO?

A: Regular cigarettes are extraordinarily dangerous and youth use of tobacco products in any form is unsafe, including e-cigarettes. More research is needed to fully understand their impact on health.

Q: CAN'T E-CIGARETTES HELP ME QUIT SMOKING REGULAR CIGARETTES?

A: E-cigarettes may help non-pregnant adult smokers if used as a complete substitute for all cigarettes. However, there is no conclusive evidence that using e-cigarettes helps someone quit smoking for good. The U.S. Food and Drug Administration (FDA) has approved seven "quit aids" for quitting smoking, but e-cigarettes are not currently one of them.

Q: AREN'T E-CIGARETTES USED MORE OFTEN BY ADULTS, NOT YOUTH?

A: Youth are more likely than adults to use e-cigarettes. In 2019, more than 3.6 million U.S. middle and high school students used e-cigarettes in the past 30 days, including 4.9 % of middle school students and 20.8 % of high school students. THE BOTTOM LINE: E-cigarettes are unsafe for young people. Whether a young person uses nicotine or marijuana in an e-cigarette, there can be dangerous health consequences. LEARN MORE: Get the latest information on how drugs affect the brain and body at teens.drugabuse.gov.

TO LEARN MORE ABOUT E-CIGARETTES, CONTACT: SAMHSA 1-877-SAMHSA-7 (1-877-726-4727) or visit findtreatment.samhsa.gov. For access to substance abuse services and immediate crisis help in Georgia call the Georgia Crisis & Access Line at 800-715-4225, available 24/7.

