



GCAPP PARENT TOOLKIT:

Teens and e-cigarettes: Is Vaping Safe?

Facts from the Substance Abuse & Mental Health Services Administration

Vaping: What You Need to Know

In most states, individuals aged 18 and older can legally purchase e-cigarettes. However, this legality does not equate to safety, especially for young people. E-cigarettes contain nicotine and other harmful substances that pose significant health risks.

KNOW THE LAW

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KNOW THE RISKS

Nicotine is highly addictive and can harm the developing adolescent brain. Exposure to nicotine at a young age can make it easier for teens to become addicted to vaping and other tobacco products. Additionally, e-cigarette use is associated with an increased likelihood of using marijuana and smoking traditional cigarettes compared to non-vaping peers. [SAMHSA Library](#)

LOOK AROUND YOU

E-cigarettes are the most commonly used tobacco product among youth. In 2023, 7.4% of adolescents aged 12–17 used tobacco or vaped nicotine in the past month. [SAMHSA](#) Despite this, many students underestimate how many of their peers are using e-cigarettes. If you've never smoked or used other tobacco products or e-cigarettes, 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 regular 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.

A QUICK Q & A ABOUT VAPING

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. [SAMHSA Library](#)

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 about how drugs affect the brain and body at [teens.drugabuse.gov](https://www.teens.drugabuse.gov).

TO LEARN MORE ABOUT E-CIGARETTES, CONTACT:

SAMHSA
1-877-SAMHSA-7 (1-877-726-4727)
[findtreatment.samhsa.gov](https://www.findtreatment.samhsa.gov)

Georgia Crisis & Access Line
800-715-4225 (available 24/7)

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