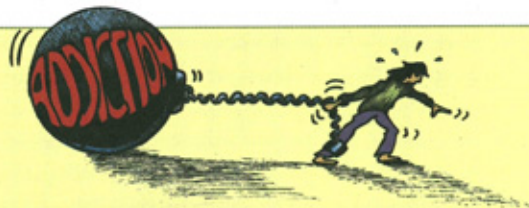




8. Talking with your kids can help.

- Ask them what they know about vaping, e-hookahs and e-cigarettes.
- Let them know that they are not proven safe.
- It's okay to say that you don't want them to smoke or use vaping devices. Talk to them about nicotine and addiction.



If you smoke or use e-cigarettes, the best thing you can do is to quit. But if you cannot stop, talk with your children about what it is like to be addicted.

Have you heard about hookah pens and other types of e-cigarettes? Many young people think they are risk-free.

Look inside to learn more about these devices and to get tips on how to talk with your kids about them.

Mom's Quit Connection
www.MomsQuit.com

NJ Quitline
www.tobaccofreej.com

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

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Vaping and E-Cigarettes

8 Things Every Parent Should Know



More and more, young people have been trying e-cigarettes, vape pens and hookah pens. Here are eight things you should know about these devices and how they may affect your kids.



1. By any name, all e-cigarettes are the same.

- Some of the many types of e-cigarettes are:
 - ▶ Hookah pens
 - ▶ Personal vaporizers (PVs or vapes)
 - ▶ E-hookahs
 - ▶ Vape pens
 - ▶ Mods
 - ▶ Tanks
 - ▶ E-shishas
- They all use a battery to heat up a liquid, often called e-juice. The vapor from the heated liquid is then inhaled.
- The e-juice comes in a variety of flavors and nicotine levels.
- The vapor is not just water. It is an aerosol of tiny particles of many different chemicals.



2. They are drug delivery devices.

- They are sold as a way to get nicotine. Nicotine is an extremely addictive drug.
- Nicotine may affect growing brains. It can affect blood pressure, heart rate and insulin levels.
- Vape pens and other e-cigs are also used to smoke marijuana oil and other drugs.

3. Some do not have nicotine.

- But they are NOT risk-free. Studies suggest that when heated, the flavors and other chemicals in e-juice may harm the lungs.
- Vaping has not been proven safe.

4. They don't always look like cigarettes.

- Some look like colorful or metallic pens, flashlights, bottles or jars.
- Some are worn around the neck.

5. The sweet flavors attract young people.

- Some of the flavors are apple, cherry, banana, chocolate and coffee.
- The flavors can make them seem harmless.

6. The ads target kids.

- The ads make e-cigs seem safe. Some ads use celebrities to make e-cigs look glamorous.
- Ads are often put where teens will see them – on Facebook, on teen sites, on TV and in magazines.

7. E-cigs could mean trouble at school.

- Many schools now treat e-cigs – including hookah pens – like tobacco and other drugs. Kids may be suspended or expelled for having them at school.

