

Youth Tobacco Prevention for Parents

AN INTRODUCTION

E-cigarettes have been the most commonly used tobacco product among youth since 2014. Most e-cigarettes contain nicotine, which is highly addictive and:

- Harms brain development, which continues until age 25
- Impacts learning, memory, & attention
- Increases risk for future drug addiction
- Contains heavy metals, cancer causing chemicals, & flavorings linked to lung disease

IMPORTANT STATISTICS YOU SHOULD KNOW



65.3% of youth are users of tobacco products whose parents do not know they use tobacco

42% of youth think smokeless tobacco helps people relieve stress, when it actually increases feelings of stress and anxiety



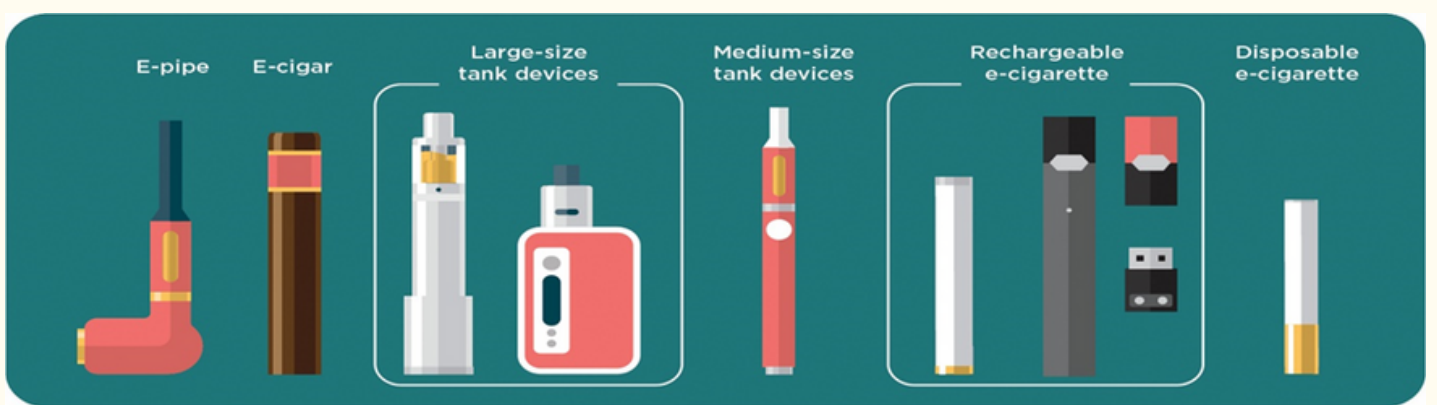
High school athletes are more likely to use smokeless tobacco than those of the same age who are not athletes

How to Spot Electronic Vaping Products (EVPs)

AN INTRODUCTION

EVPs heat liquids and produce a mist of vaporized particles (aerosols) instead of tobacco smoke, but are filled with thousands of harmful chemicals and toxins

EVPs imitate easily concealable and sleek designs of USBs, flash drives, pens, and markers



TACTICS, SIGNS, & PREVENTION



Big Tobacco companies target youth with:

- Enticing flavors like sour apple, berry, and sweet cream
- Colorful packaging and cartoon characters
- Advertisements through sporting events, celebrity endorsements, and video games

Signs of youth vaping:

- More acne or skin wounds
- Increased thirst and dry mouth
- Nosebleeds
- Irritability
- Risk taking
- Restlessness and sleeplessness



Prevent vaping in youth by:

- Talking to youth about why vaping is harmful
- Learn about the different types and shapes of e-cigarettes
- Know the signs of vaping in youth
- Set a good example by being tobacco free

