Teen Use of e-Cigarettes

AWARENESS

E-cigarettes are a rapidly emerging and diversified product class. These devices typically deliver nicotine, flavorings, and other additives to users via an inhaled aerosol. These devices are referred to by a variety of names, including “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” and “tank systems.”

The most recent data available shows that Teen use in a 30-day period was the following:

- 16.0% among high school students (2015)
- 13.6% among young adults 18-25 years old (2014)

Tips for Parents

1 in 6 Teens will try e-Cigarettes

- When talking to your kids be patient and ready to listen.
- Avoid criticism and encourage an open dialogue.
- Remember, your goal is to have a conversation, not to deliver a lecture.
- It’s OK for your conversation to take place over time, in bits and pieces.
- Educate yourself on the types of e-Cigarettes and how kids can get access to them.

REMEMBER! Talk to Your Kids!!

- Many e-cigarettes have nicotine in them. That’s the drug that makes cigarettes so addictive.
- A report from the Surgeon General states that e-cigarettes can mess with how your brain develops and might even affect your mood and focus.

Set a positive example by being tobacco-free. If you use tobacco, it’s never too late to quit. For free help, visit smokefree.gov or call 1-800-QUIT-NOW.

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This publication was supported by Cooperative Agreement Number, U58DP005442, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.