Five reasons why it’s bad for you

Most e-cigarettes contain nicotine, the same highly addictive chemical in regular cigarettes.

One Juul pod has as much nicotine as a pack of cigarettes.

Kids who vape are more likely to start smoking cigarettes.

Teens are at greater risk for addiction to nicotine because their brains are still developing.

Some e-cigarettes contain chemicals, such as formaldehyde, that can cause cancer.

Get videos and tips at scholastic.com/vapingrisks.