More than 3.6 million U.S. youth are using e-cigarettes¹

How much do you know about this crisis?

E-cigarettes are the most commonly used tobacco product among both middle and high school students.¹ Compared to 2019, 1.8 million fewer U.S. youth are currently using e-cigarettes. However, due to alarming increases since 2011, the number of current youth e-cigarette users remains concerningly high.¹

SOME TEENS REPORT USING E-CIGARETTES IN SCHOOL BATHROOMS AND EVEN IN THE CLASSROOM.²

Learning more about the different types of e-cigarette products is an important first step in addressing youth vaping.

DID YOU KNOW:

E-cigarettes come in a variety of shapes and sizes and may not look like a tobacco product, which can make them hard to spot.²

Some devices popular among teens — like Juul and Puff Bar — are as small as a USB flash drive and even look like one.²,¹⁶

Certain products emit very low amounts of aerosol or “vapor,” which makes them easier to use discreetly than combustible cigarettes.⁹,¹¹

Most e-cigarettes contain nicotine, the same highly addictive drug in cigarettes. Some e-cigarettes³ may contain as much nicotine as a pack of 20 regular cigarettes.³

A Small Device... A BIG PROBLEM

In 2020, approximately

1 in 5 high school students

and

1 in 20 middle school students

currently used e-cigarettes.¹

CENTER FOR TOBACCO PRODUCTS
Source: Wang, et al. MMWR 2020
Note: All numbers presented here are estimates.
www.fda.gov/tobacco @FDATobacco facebook.com/fda
Many teens have dangerous misperceptions that lead them to believe that vaping is harmless.

**Important facts to share with youth**

**Vape aerosol can contain harmful chemicals**

Vaping can expose the user’s lungs to harmful chemicals like formaldehyde, acrolein, and acetaldehyde, which are known to cause irreversible lung damage.¹ ² ³

**There can be danger behind the flavor**

Vapes get their flavors from chemicals. While these flavorings are safe to eat in food, they’re not safe to inhale. Inhaling flavor chemicals can harm your lungs.¹

**Most vapes contain nicotine, which is highly addictive**

Vaping delivers nicotine to the brain in as little as 10 seconds. A teen’s brain is still developing, making it more vulnerable to nicotine addiction.⁴ ⁵ Nicotine exposure during the teen years can disrupt normal brain development.⁴ ⁵ It may have long-lasting effects, like increased impulsivity and mood disorders.⁹ ¹² ¹³ ¹⁵

**Vapers could be inhaling metal particles into their lungs**

Vape aerosol could be delivering metal particles like chromium, nickel, lead, tin and aluminum right into your lungs. Some of these metals are toxic.¹⁰ ¹¹

---

**FDA’s Efforts to Curb Youth E-Cigarette Use**

FDA is committed to protecting youth from the dangers of e-cigarettes, including cracking down on illegal sales to anyone under 21 and holding retailers and manufacturers accountable for marketing practices. Also, in addition to our national peer-to-peer public education campaign called “The Real Cost” FDA has joined forces with Scholastic to provide teachers and school administrators with the resources they need to educate their students about e-cigarettes.

Together, we’ve created free lesson plans, activities and videos for teachers to educate their students on the health risks of e-cigarette use. Please visit the Scholastic youth vaping risks site to access these resources in English and Spanish.

---

**Quitting Help Is Available**

There is an urgent need to share quitting resources with teens who are addicted to e-cigarettes. If you identify teens using e-cigarettes at school, it is critical to share resources to help them quit.

**Resources for Teens**

- Ask a trusted adult or friend for support
- Talk to a doctor about treatment options
- Visit smokefree.gov and teen.smokefree.gov/quit-vaping
- Call 1-800-QUIT-NOW
- Text DITCHJUUL to 88709


5. Goniewicz ML et al. Tobacco Control. (2014)


