



What is vaping?

What parents and caregivers should know

Vaping is inhaling and exhaling vapor from a vape device or e-cigarette. Vape products usually contain nicotine, a liquid and a number of other chemicals that are heated by the device so they can be breathed in. Vaping produces a vape mist or cloud when it's breathed out.

What are the risks of vaping?

Vape products haven't been around long enough for us to know how vaping will impact health throughout a lifetime. We do know some of the health risks for those who vape:

- Addiction
- Sleep issues
- Mental health issues
- Lung damage
- Breathing in chemicals that cause cancer

For students, there are additional impacts that can affect them over time:

- Academic issues, including difficulty focusing and impulse control
- Physical activity concerns that impact ability to participate in sports
- Social changes with family and friends
- Financial impacts, because vaping is expensive

The Tobacco 21 law

In 2019, the United States raised the minimum age to purchase tobacco and e-cigarette products to 21. This law is often referred to as Tobacco 21, and states across the country are working to raise the minimum age to purchase tobacco and e-cigarette products from 18 to 21.

Vape companies are targeting kids

The vaping and tobacco industry is using tools like social media to reach kids and teens to influence them to try their products. Government agencies work to enforce regulations around devices and ingredients, but the industry adapts to continue selling their products.

Companies are also taking everyday products that kids and teens use and turning them into devices that can be used to vape. Hoodies, pens, backpacks, smart watches, and phone cases are now available as vaping devices that help students hide vaping at school and at home.

What you can do to help

Talk to your child about vaping, and answer questions they might have. It's okay if you don't know all of the answers. You can look up information together and keep the conversation about vaping going. Be sure to keep checking in with your child about vaping to see if they have anything new they'd like to talk with you about.

Vaping prevention resource links

[Vaping: What you need to know](#) (KidsHealth)
[American Heart Association resources for parents](#)
[Tobwis.org e-cigarette toolkit](#)