

# What is vaping? What parents and caregivers should know

## What is vaping?

Vaping is breathing in and out the vapor from an e-cigarette or vape device.

- Most vape devices have nicotine.
- They also have a liquid with harmful chemicals.
- There is often a vape mist or a vape cloud when it's breathed out.

## What are the risks of vaping?

Vaping is harmful. Vape products are new, so we do not know all of the ways it can affect health. But we do know some of the health risks:

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

For kids in school, vaping can lead to:

- School issues, like trouble with focusing and self-control
- Being kicked off of sport teams or other school activities
- Social changes with family and friends
- Problems with money, because of vaping costs

## The Tobacco 21 law

In 2019, the United States raised the minimum age to buy tobacco and vaping products to 21. This law is often called Tobacco 21.



## **Vape companies are focused on kids**

The vaping and tobacco industry uses social media to reach kids and teens. They try to get them to use their products.

- They also add flavors to vape products to make them fun for kids.
- They make vapes that look like things kids and teens use each day. This helps kids hide vaping at school and from their families.
- The vape industry finds ways around rules the government makes so they can keep selling their products.

## **What you can do to help**

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

## **Vaping resources**

Visit the websites below for more information about vaping and help quitting.

- American Heart Association: [heart.org](http://heart.org)
- American Lung Association: [lung.org](http://lung.org)
- My Life, My Quit: [mylifemyquit.org](http://mylifemyquit.org)
- The National Cancer Institute's Tobacco Control Research Branch: [smokefree.gov](http://smokefree.gov)
- Truth initiative: [truthinitiative.org](http://truthinitiative.org)
- Wisconsin Quit Line: [quitline.wisc.edu](http://quitline.wisc.edu)
- Wisconsin's tobacco prevention and control movement: [tobwis.org](http://tobwis.org)

