SHOULD I TALK TO MY KIDS ABOUT VAPING?

ARE YOUR KIDS SCHOOL-AGE?

Yes: It’s likely they already know more about vaping than you do, so it’s time to catch up.

No: They’re younger. You may be able to wait a few years, but the tobacco industry will be targeting them with marketing and candy flavored e-cigarettes soon.

Do they already vape or have friends that do?

No: Good! They are steering clear of nicotine addiction, which is great for their brain. The human brain is still developing until age 25, which means its easier to become addicted. Exposure to nicotine at this age can cause problems in learning, memory and attention.

Yes: Teens are more likely to become addicted to other tobacco products if they vape.

Do they already see the health impacts of vaping?

No: That’s not surprising. Since e-cigarettes have only been on the U.S. market since 2007, we’re not sure what the long-term health impacts of heating and inhaling the chemicals in e-liquids will be.

Yes: In the short-term, vaping can cause throat irritation and worsen respiratory conditions like asthma and bronchitis. Lithium battery explosions are also a risk and can cause burns.

TALK TO THEM!

There is a lot of misinformation about vaping and it’s important young people know that it poses a serious health risk and youth are being targeted in order to make a profit.

Visit our website at www.panmn.org and learn how to talk to your children with free resources at e-cigarettes.surgeongeneral.gov.