

Health Risks of Vaping for Kids

Vaping has become popular among youth, despite growing proof of its health risks and harms.

What are the Risks of Vaping for Kids?¹

- Most vapes have nicotine. Nicotine is very addictive and can harm youth brain development.²
- Vapes contain other harmful substances like formaldehyde and propylene glycol.
- Vape aerosol has ultra-fine particles and lead that can be harmful to the lungs.²
- Some vapes contain tetrahydrocannabinol (THC), the psychoactive element in marijuana.

Why is Nicotine Unsafe for Kids?¹

- Nicotine can harm the developing brain,³ which is not fully formed until about age 25.
- Using nicotine as a kid can hurt attention, mood and impulse control.³
- Nicotine disrupts the way learning and memory connections are made in the brain.

How Does Vaping Affect Mental Health?¹

- Kids may turn to vaping to deal with stress or anxiety.
- What may start as curiosity can become an addiction.
 - » The most common reason students give for trying a vape is “a friend used them.”⁴
 - » The most common reason youth give for continuing to vape is “feeling anxious, stressed, or depressed.”⁴
- Youth vaping has been linked to mental health concerns such as depression.^{5,6}

What are the Other Risks of Vaping for Kids?¹

- Defective vape batteries have caused some fires and explosions.
- Kids have been poisoned by swallowing or having contact with vape liquid.
 - » 50% of vape-related calls to US poison control centers are for kids < 5 years old.

What Can Parents do to Prevent Their Kid from Vaping?¹

- Learn as much as possible about vaping
- Start the conversation
 - » Be ready to listen
 - » Try not to judge
 - » Keep an open mind
- Seek help and get involved
 - » Talk with your kid’s doctor to learn more about vaping risks.
 - » Talk with your kid’s school about their tobacco prevention program.
- Set a good example. If you vape, get help to quit.

Call for FREE help to quit vaping!
1-800-300-8086



1. CDC. (2022, June 23). Quick facts on the risks of e-cigarettes for kids, teens, and young adults.
2. Marynak KL, et al. Sales of Nicotine-Containing Electronic Cigarette Products: United States, 2015. *American Journal of Public Health* 2017; 107(5):702-705.
3. Taylor G, et al. Change in mental health after smoking cessation: systematic review and meta-analysis. *British Medical Journal* 2014;348:g1151.
4. Gentzke AS, et al. Tobacco Product Use and Associated Factors Among Middle and High School Students — National Youth Tobacco Survey, United States, 2021. *MMWR Surveill Summ* 2022;71(No. SS-5):1–29.
5. Lechner WV et al. Bi-directional associations of electronic and combustible cigarette use onset patterns with depressive symptoms in adolescents. *Preventive Medicine* 2017;96:73-78.
6. Obisesan et al. Association between e-cigarette use and depression in the behavioral risk factor surveillance system, 2016–2017. *JAMA Network Open* 2019;2(12).