

# VAPES AND CIGARETTES

Different products. Same dangers.



Vapes and cigarettes are a lot alike. They both put nicotine and cancer-causing chemicals in your body. And they are both highly addictive and dangerous for young people.

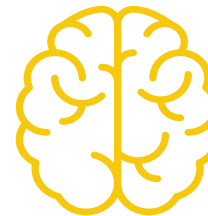
## GET THE FACTS ABOUT VAPING



### Vaping is addictive

Vapes and e-juices contain nicotine, an addictive chemical that is extremely hard to quit.

**Nicotine** is the same drug used in other tobacco products like **cigarettes** and **cigars**.



**Because your brain is still developing** until your mid 20s, you have a greater risk of becoming addicted to nicotine.

The nicotine in...

**1 = 20**

**Vape Pod Cigarettes**



# Vaping can harm your brain and the rest of your body.

Nicotine can harm your brain, including your memory and ability to learn.

Vapes can also contain harmful (and possibly harmful) ingredients such as:

- Very fine particles that can be inhaled deep into the lungs
- Heavy metals such as nickel, tin, and lead
- Flavoring such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds



It's not  
water  
vapor.

Aerosol from vaping has  
**cancer-causing  
chemicals.**

The **Food and Drug Administration (FDA)** is the organization that makes sure drugs are safe and effective. This is called “regulating.” The FDA is supposed to regulate e-juices and vaping devices, but they haven’t started yet. So we can’t be sure what is in these products.

## The tobacco and vaping industries target you



They target young people so you’ll become lifetime users addicted to their products.

Cigarette makers own and invest in vape companies.



The vaping industry makes their products taste like fruit or candy so you will want to try them.

If you vape, you are

**4x**

more likely to  
**smoke cigarettes**



## Check out:

- The 84, a youth movement: [the84.org](http://the84.org)
- The Truth Campaign: [thetruth.org](http://thetruth.org)
- The Real Cost of Vaping Campaign: [therealcost.org](http://therealcost.org)
- Quit help: [thisisquitting.com](http://thisisquitting.com) or [teen.smokefree.gov](http://teen.smokefree.gov)

## Parents, teachers, and adults:

Get the facts and learn what you can do to protect young people from the dangers of vaping at [GetOutraged.org](http://GetOutraged.org).

## What you can do

Now that you know the facts, talk to your friends and family about the dangers of vaping. **Get involved.** Join your school’s SADD or 84 Chapter to spread the word. If you don’t have one, start one!

Sources: Information is taken from E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General, 2016, and the Centers for Disease Control and Prevention (website on Electronic Cigarettes [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/index.htm](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm) Accessed 03/19)

