

Youth E-cigarette Use on the Rise in Montana



Juul pods
(not to scale)

The youth e-cigarette epidemic has not by-passed Montana. We continue to hear reports of students vaping (often called “juuling”) in Montana schools.

It's critical parents understand the risks electronic cigarettes pose to youth.

IT'S NOT A HARMLESS WATER VAPOR

Some may call it a water vapor, but it's really an aerosol that often contains tiny metallic particles and other harmful chemicals.

- Most e-cigarettes contain highly addictive nicotine.
- Nicotine can harm brain development, which is at a crucial stage during adolescence.
- E-cigarettes are not yet fully regulated by the FDA . In addition to nicotine, harmful chemicals such as formaldehyde, lead, benzene and acetone have been found in e-cigarette aerosol.
- Research indicates youth who use e-cigarettes are 4 times more likely to become cigarette smokers.
- Industry targets youth with flavors and high tech products.
- E-cigarettes may be safer than cigarettes, **but that does not mean they are safe.**



Parents are most often the number one influence on a teen's decision **NOT to participate in risky behaviors.**

Here are some helpful resources:

[Electronic Cigarettes](#)

Centers for Disease Control & Prevention

[Juul and Youth E-cigarette Use](#)

MT Tobacco Use Prevention Program

[Juul E-Cigarettes](#)

Campaign for Tobacco Free Kids / Truth Initiative

[Making the Grade: Teen Vaping](#)

PBS Newshour—a 9 minute news video

[Talk with Your Teen About E-Cigarettes](#)

U.S. Surgeon General

[Chemicals Found in Aerosol](#)

[Risks of E-Cigarettes Fact Sheet](#)

Stanford Tobacco Prevention Toolkit



Suorin drop and air pod



Additional resources can be found [here](#).

If youth stay tobacco free through high school, it's likely they'll remain **tobacco free ...for life!**