

# SMALL DEVICE BIG PROBLEM

## Facts on Youth E-Cigarette Use

Based on data from 2024

### Youth Vaping: A Serious Public Health Concern



More than **1.6 million** U.S. youth were currently using e-cigarettes.<sup>1</sup>

**7.8% of high school students** and **3.5% of middle school students** currently used e-cigarettes.<sup>1</sup>



E-cigarettes have been **the most used tobacco product for 10 years** among both high school and middle school students.<sup>1</sup>



More than **1 in 4 current e-cigarette users vape every day**, suggesting many teens may have a nicotine dependence.

### Be Aware of E-Cigarette Products

Some devices popular among teens are as **small as a USB flash drive** and even look like one.<sup>2,13</sup>

Certain products emit very low amounts of aerosol, which makes them **easier to use discreetly** than combustible cigarettes.<sup>9,11</sup>

E-cigarettes come in a variety of shapes and sizes and **may not look like a tobacco product**, which can make them hard to spot.<sup>2</sup>



Most e-cigarettes contain nicotine, the same highly addictive drug in cigarettes. Some e-cigarettes<sup>5</sup> may contain **as much nicotine as 20 cigarettes**.<sup>3</sup>

# Teach your students the facts about vaping.

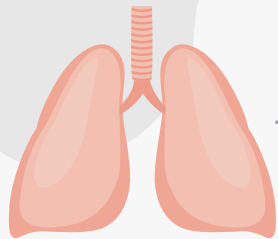
## Vape aerosol can contain harmful chemicals.



Vaping can expose the user's lungs to harmful chemicals like formaldehyde, acrolein, and acetaldehyde, which are known to cause lung damage.<sup>4,5</sup>

## Most vapes contain nicotine, which is highly addictive.

Vaping can deliver nicotine to the brain in just 10 seconds.<sup>7</sup> A teen's brain is still developing, making it more prone to nicotine addiction.<sup>8,12</sup> Nicotine exposure during the teen years can disrupt normal brain development.<sup>9,12</sup>

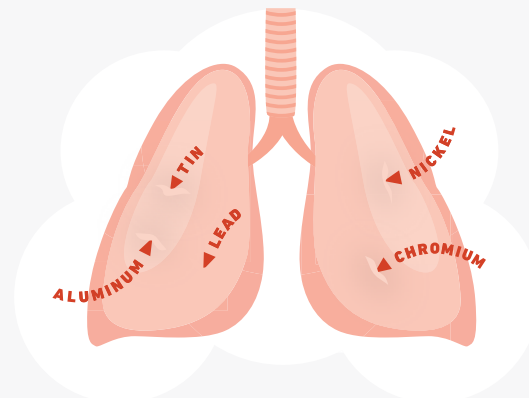


## There can be danger behind the flavor.

Vapes get their flavors from chemicals. While these flavorings are safe to eat in food, they're not safe to inhale. Inhaling flavor chemicals can harm your lungs.<sup>6</sup>

## Vapers could be inhaling metal particles into their lungs.

Vape aerosol could be delivering metal particles like chromium, nickel, lead, tin, and aluminum right into your lungs. Some of these metals are toxic.<sup>10,11</sup>



## ADDITIONAL RESOURCES



### Help With Quitting Is Available

There is an urgent need to share quitting resources with teens who are addicted to e-cigarettes.

If you identify teens using e-cigarettes at school, it is critical to share resources with them to help them quit.

### Resources for Teens

- Ask a trusted adult or friend for support.
- Talk to a doctor about treatment options.
- Visit [smokefree.gov](https://www.smokefree.gov) and [teen.smokefree.gov/quit-vaping](https://www.teen.smokefree.gov/quit-vaping).
- Call 1.800.QUIT.NOW.
- Text DITCHVAPE to 88709.



### Vaping Prevention and Education Resource Center

We've created free lesson plans, activities, and videos for teachers to educate their students on the health risks of e-cigarette use.

Find these resources in English and Spanish at: [www.fda.gov/youthvapingresources](https://www.fda.gov/youthvapingresources).

### FDA's Efforts to Curb Youth E-Cigarette Use

FDA is committed to protecting youth from the dangers of e-cigarettes, including preventing illegal sales to anyone under 21 and holding retailers and manufacturers accountable for marketing practices. Also, in addition to our national peer-to-peer public education campaign called "The Real Cost," FDA is providing teachers and school administrators with the resources they need to educate their students about e-cigarettes.



# References

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