

KEEP YOUR KIDS

DRUG

ALCOHOL

THC

NICOTINE

JUUL®

LIQUOR

METH

VAPE

MARIJUANA

BOOZE

TOBACCO

POT

SUBSTANCE

FREE

VAPING & SMOKING

Smoking and vapor-producing devices to inhale nicotine or THC are dangerous.

Know the Risks

Vape products and cigarettes may be legal for adults, but they are not safe. The nicotine in both cigarettes and “vape juice” (liquid used to create vapor) and the THC in marijuana (sometimes used in vaping devices) can both harm adolescent brain development. Nicotine is highly addictive and can prime young brains for addiction to other drugs, such as opioids or meth. But nicotine isn’t the only problem. Even vaping without nicotine or THC is risky, and cigarettes have a long history of proven health hazards. Both smoke and vapor can contain harmful substances like lead, heavy metals, volatile organic compounds and cancer-causing agents that stay in the lungs.

Know the Facts

- Current use of tobacco and vape products in the Region 4 area is **above the Nebraska average**. In this region, more than **17% of 12th graders smoke** cigarettes regularly and **nearly 34% vape** regularly.
- Of **8th grade students, 11% report a parent or other adult relative** is buying or giving them the cigarettes or vape products they use. Another 20% admit they take them from home without permission.
- Many **young people perceive vaping as healthier than smoking** and with minimal health hazards. Vaping is on the increase as a result, but studies show otherwise.
- **Vaping devices are called** vapes, e-cigarettes, vape pipes, mods, vape pens, e-hookahs and by many brand names.
- These devices **can look like everyday items**, such as USB drives, pens or small rectangular boxes.
- Young people are especially **attracted to flavored liquids** which release a sweet or minty scent.

Focus on Prevention

The most important way you can help young people avoid the dangers of smoking and vaping is to address it directly. Make sure they understand the very real dangers to their health but allow for discussions and avoid a lecture. Encourage questions without judgment, and let them know that if they are smoking or vaping, they have supportive adults to help them quit. It’s all about being healthy.



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