

YOUTH VAPING TOOLKIT



Vaping usage has exploded in the past few years. We have heard about this epidemic from the medical community, schools, youth, and their families. New research, statistics, and personal stories are emerging almost daily.

E-cigarettes, also known as vapes, are battery-operated devices that heat a liquid and produce an aerosol (vapor). They are used to deliver nicotine, cannabis (THC, CBD), flavoring, chemicals, and other substances. There are many types of e-cigarettes, including disposable devices, refillable devices, and devices with pre-filled cartridges or pods. E-cigarettes are sometimes called e-cigs, vapes, or vape pens. Youth may use different terms to refer to vapes or use brand names. The liquid in e-cigarettes is sometimes called e-juice, e-liquid, vape juice, or vape liquid, which often contains nicotine.

Nicotine is a highly addictive stimulant and poses unique dangers to youth brain development, worsening mental health problems, and respiratory issues. Using nicotine at a young age can harm parts of the brain that control attention, learning, mood, and impulse control. Studies have found that even e-cigarettes claiming to be nicotine-free contain trace amounts of nicotine. In the United States, youth use e-cigarettes, or vapes, more than any other tobacco product. No tobacco products, including e-cigarettes, are safe, especially for children, teens, and young adults. While youth e-cigarette use has declined since its peak in 2019, it remains a serious public health problem.

YOUTH VAPING NATIONALLY

The 2024 National Youth Tobacco Survey results reported:

- 8.1% of middle & high school students used any tobacco products.
- 5.9% of middle & high school students used e-cigarettes,
- 8 out of 10 middle and high school students used flavored e-cigarettes.
- Findings showed vape use decreased from 7.7% in 2023 to 5.9% in 2024.

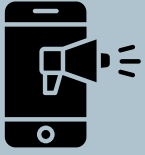
YOUTH VAPING IN KANSAS

The 2025 Kansas Communities That Care (KCTC) Survey results reported:

- 15.3% of youth tried vaping at least once in their lifetime.
- 5.8% of youth tried smoking cigarettes at least once in their lifetime.
- 4.9% of youth vaped at least once in the past 30 days.
- 77% of youth think it is wrong for someone their age to vape.

WHY DO YOUTH VAPE?

ADVERTISING



Widespread advertising for e-cigarettes has contributed to youth vaping. According to the CDC, tobacco companies use the same advertising themes and tactics that have been shown to increase youth initiation of cigarettes and other tobacco products. They also place ads on television and in other media where ads for other tobacco products, like cigarettes, are not allowed. Some e-cigarettes cost less than regular cigarettes, which may also contribute to youth vaping.

FLAVORED PRODUCTS



Vapes come in a variety of youth-friendly flavors, the most popular being fruit, candy, mint, and menthol. Availability of flavored vapes is among the top 10 reasons youth report ever trying an e-cigarette. Flavors make e-cigarettes taste better, masking the tobacco flavor and nicotine's harshness. Youth often perceive flavored vapes as less harmful and safer than traditional cigarettes.

SOCIAL INFLUENCES



According to the CDC, the most common reason U.S. middle and high school students try an e-cigarette is due to a friend using them. Youth also report vaping because they are curious about e-cigarettes or because a family member used them, and often obtain e-cigarettes from individuals in their lives. Other factors that contribute to e-cigarette use include stress, anxiety, and depression.

NICOTINE



Nicotine is a highly addictive substance, and with repeated use, the brain becomes dependent on nicotine. Because the adolescent brain is still developing, youth are especially vulnerable and can develop nicotine addiction quickly. Over time, the nicotine content of e-cigarettes has increased, with products containing 5% nicotine or more accounting for 81% of total e-cigarette sales. During this period, prices for high-nicotine products decreased or remained stable, while prices for lower-nicotine products increased.

VAPING LEGISLATION

- Federal law prohibits sales of all tobacco and vape products to anyone under the age of 21.
- Kansas lawmakers passed legislation that requires a tax on e-cigarettes and a retail license to sell e-cigarettes over the counter.
- While Kansas' Indoor Clean Air Act does not prohibit the use of vapor products where smoking is prohibited, the following local cities/counties have passed ordinances restricting vaping in public places (some exclude bars and restaurants):
 - Abilene, Eudora, Hutchinson, Manhattan, McPherson, Topeka, Park City, Olathe, Overland Park, Lenexa, Kansas City, Westwood Hills, Johnson County, and Wyandotte County.
- To learn more about state legislative activity, visit:
<https://www.cdc.gov/statesystem/factsheets/ecigarette/ECigarette.html>

Scientists still have a lot to learn about the short- and long-term health effects of using e-cigarettes. Youth can start showing signs of nicotine addiction quickly, sometimes before the start of regular or daily use. Some common signs and symptoms of nicotine dependence include:

- Craving and feeling that you need nicotine to function.
- Needing larger amounts of nicotine to feel satisfied.
- Using nicotine despite knowing the health risks.
- Wanting to quit using nicotine but not being able to.
- Experiencing withdrawal symptoms such as:
 - difficulty sleeping, restlessness, irritability, headaches, nausea, dizziness, sadness, depression, anxiety, fatigue, trouble focusing, and chest tightness.

COMMON TOXIC CHEMICALS AND METALS THAT RESEARCHERS HAVE FOUND IN E-CIGARETTES/VAPES

These chemicals cause health problems such as chronic cough, shortness of breath, chronic bronchitis, asthma, chest pain, and phlegm.

- **Propylene glycol** – a common additive in food; also used to make things like antifreeze, paint solvent, and artificial smoke in fog machines
- **Carcinogens** - chemicals known to cause cancer, including acetaldehyde and formaldehyde
- **Acrolein** – a herbicide primarily used to kill weeds, can cause irreversible lung damage
- **Diacetyl** – a chemical linked to a lung disease called bronchiolitis obliterans aka "popcorn lung"
- **Diethylene glycol** – a toxic chemical used in antifreeze that is linked to lung disease
- **Heavy metals** - such as nickel, tin, lead
- **Cadmium** – a toxic metal found in traditional cigarettes that causes breathing problems and disease
- **Benzene** – a volatile organic compound (VOC) found in car exhaust
- **Ultrafine particles** that can be inhaled deep into the lungs

Popular Vaping Brands

Geek Bar	NJOY
Elf Bar	Lost Mary
Vuse	Smok
DOJO	Oxbar
Puff Bar	Vaporesso



- 1 pack of cigarettes contains ~22mg of nicotine
- 1 Elf Bar contains ~650mg of nicotine, which is the amount of nicotine in ~590 cigarettes.



Cigalikes

Vape Pens

Advanced Tank Systems

Pod Vapes

WAYS TO PROTECT YOUTH FROM THE HARMS OF VAPING

PARENTS & CAREGIVERS

There are many ways parents and caregivers can help protect youth from vaping.

- Set a good example for youth by being tobacco-free and creating a living environment that is tobacco-free.
- Talk to youth about why vaping is harmful. It is never too early or too late to start these conversations.
- Talk to teachers or school admins about their tobacco prevention curriculum and policies.
- Approach youth who vape with patience and active listening, avoid criticism, and continue to encourage and support their efforts to quit.



EDUCATORS

As an educator, coach, or school administrator, you play an important role in protecting students from vaping.

- Learn about the risks of vaping for youth and the different types of vape devices.
- Discuss the dangers of vaping, be supportive, and encourage youth to quit tobacco use and help connect them to appropriate resources.
- Help develop, implement, and enforce prevention programs and school policies.
- Learn about school policies supporting students to quit tobacco use as an alternative to suspension.



HEALTH CARE PROVIDERS

Take the following actions with young patients and their caregivers to help protect them from vaping.

- Ask adolescent patients if they use any tobacco products, and if they do, provide helpful resources and treatment options.



STATES, TRIBES, & COMMUNITIES

The CDC supports comprehensive tobacco prevention and control programs in states and communities. These programs use proven interventions to prevent young people from starting to use tobacco products.

- Increase the price of tobacco products, which is one of the most effective ways to prevent youth initiation.
- Implement comprehensive smoke-free policies that prohibit the use of all tobacco products in indoor areas of all public places.
- Require tobacco retailers to have a license to sell tobacco products.
- Prohibit the sale of tobacco products, including flavored products. Flavors are one reason why e-cigarettes and other tobacco products appeal to youth and encourage youth initiation.
- Reduce the number of retailers that are allowed to sell tobacco products.



Resources

American Lung Association

- <https://www.lung.org/quit-smoking/e-cigarettes-vaping>

Behind the Haze

- <https://behindthehaze.com/>

CDC

- <https://www.cdc.gov/tobacco/e-cigarettes/index.html>

FDA

- <https://www.fda.gov/tobacco-products/products-ingredients-components/e-cigarettes-vapes-and-other-electronic-nicotine-delivery-systems-ends>

Johns Hopkins School of Medicine

- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-truths-you-need-to-know-about-vaping>

Kansas Department of Health and Environment

- <https://www.kdhe.ks.gov/823/Tobacco-Use-Prevention-Program>

Truth Initiative

- <https://truthinitiative.org/>

This is Quitting- For Teens

- Text DITCHJUUL to 88709

No Vape Chat Line- For Teens

- Text NoVapes to 66819 or call 1 844 8 NO VAPE

Kansas Tobacco Quitline- For Teens and Adults

- <https://kansas.quitlogix.org/en-US/>

QuitSTART- App for Teens

- Download it from the app store

