

# The FACTS About Vaping

## Myth

## Truth

Everyone's doing it, it's no big deal.

Only 6% of teens, ages 15-17, use vape products.

Vaping is okay to do at school since it's not real smoke.

Vaping is illegal for anyone under the age of 18 and is **ALWAYS** illegal on school grounds.

E-cigarette vapor is just vaporized water.

Vape juice contains a variety of harmful chemicals.

Some 'Juul' pods don't contain any nicotine.

**ALL** 'Juul' pods are 3%-5% nicotine. (20 cigarettes)

Vaping isn't addictive.

Due to nicotine content, vaping can be very addictive.

Vaping doesn't have any lasting effects.

Chemicals in vape juice can impair brain development and damage the heart and lungs.

# Citations

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