

# ARE YOU WORRIED ABOUT YOUR TEEN VAPING OR USING E-CIGARETTES?



You aren't alone. Recent federal [data show 2.1 million students](#) use e-cigarettes, including 1 in 5 high school students and 1 in 20 middle school students. While the variety of flavors or shapes appeal to young smokers, they have caused severe lung and breathing problems in users.

## WHAT ARE THE DANGERS?

- Most e-cigarettes contain highly addictive chemicals, like nicotine or cannabis, which can:
  - » harm brain development, which continues [until about age 25](#).
  - » impact your teen's mood, impulse control, attention span, memory, and ability to learn – harming them inside and outside of the classroom.
  - » lead to use of more harsh products and other addictive substances.
- harm bystanders, including other children/youth.

## WHAT CAN YOU DO AS A PARENT OR CAREGIVER?

There are many ways you can help protect your teens from vaping. The CDC recommends:

- Setting a good example by being tobacco- and substance-free yourself. For free help, visit [CDC.gov/Quit](https://www.cdc.gov/Quit) or call 1-800-QUIT-NOW.
- Making your home and your car tobacco- and substance-free to ensure your child is not exposed to aerosol or secondhand smoke.
- Talking to your teen about why vaping is harmful to them.
- Encouraging and supporting your child to quit vaping.

## RESOURCES

- The CDC created a helpful guide with a series of questions and answers to help you talk to your teen about vaping. You can find it at [cdc.gov/tobacco/e-cigarettes/protecting-youth.html](https://www.cdc.gov/tobacco/e-cigarettes/protecting-youth.html).
- Create a custom plan with your teen to help them stop vaping. Call 1-800-QUIT-NOW or visit [teen.smokefree.gov](https://teen.smokefree.gov) to get started.
- Learn about the latest vaping regulations and guidance in New Jersey [nj.gov/health/fhs/tobacco/vaping/](https://nj.gov/health/fhs/tobacco/vaping/)

**New Jersey Statewide Student Support (NJ4S) network has resources and mental wellness professionals ready to help. Ask your teen's school counselor or principal how to get connected with your local NJ4S hub and tell them you want assistance addressing vaping in your family or community. Learn more at [nj4s.nj.gov/s/](https://nj4s.nj.gov/s/).**

# ESCAPE THE VAPE



**NJ STATEWIDE STUDENT SUPPORT SERVICES**

LEARN MORE AT [NJ4S.NJ.GOV](http://NJ4S.NJ.GOV)