

UNDERSTANDING NICOTINE

PREVENT ADDICTION AND HELP TEENS QUIT VAPING

The nicotine in vapes can change the young brain and get teens hooked. This fact sheet covers vapes, nicotine addiction, and helping teens quit.



NICOTINE IS A HIGHLY ADDICTIVE DRUG THAT CAN HARM YOUNG BRAINS.

Vapes that contain nicotine are a type of tobacco product called electronic nicotine delivery systems (ENDS). Nicotine is the same addictive chemical found in cigarettes. Teens who use nicotine may experience lasting effects on attention, learning, and memory that promote addiction to nicotine. Many popular brands of vapes—such as Puff Bar, JUUL, Vuse, and SMOK—contain high levels of nicotine.

MANY TEENS DO NOT KNOW IT IS EASY TO BECOME ADDICTED.

Young people are the most at risk for nicotine addiction because their brains are still developing, making it easier to get hooked. In fact, the younger people are when they start using tobacco, the more likely they are to become addicted. And once addicted, a person will keep using harmful tobacco products, even if they want to quit.

Teens who vape may end up addicted to nicotine faster than teens who smoke cigarettes. This is because vapes may expose users to more nicotine and may be used more frequently. Plus, e-cigarettes may come in flavors that appeal to youth. Appealing flavors may cause teens to vape longer and more often, putting them at risk for nicotine addiction.

KNOW THE SIGNS OF VAPING AND ADDICTION.

Sometimes it is hard to tell if a teen is using e-cigarettes. Vaping is easier to hide than smoking cigarettes. Vapes do not smell like cigarette smoke or cause fingernails to change color. Also, vapes can look like everyday objects, such as a smartwatch, asthma inhaler, or flash drive. Knowing the signs and symptoms of vaping and addiction can help you see when a teen needs help.



Signs of vaping:

- New behaviors, such as secrecy or anger
- Change in school performance
- Dry cough or increased wheezing



Symptoms of nicotine addiction:

- Needing to vape after waking up in the morning
- Feeling anxious or irritable due to cravings
- Vaping without thinking about it
- Having trouble concentrating or sleeping
- Thinking about vaping throughout the day
- Vaping after learning the health risks

HELP TEENS QUIT VAPING.

Teens who vape need help from patient and understanding adults. Remind teens that although quitting is hard, it can be done. Try these ideas from pediatricians with experience working with teens who vape:

- Encourage teens to be honest about vaping.
- Try to be nonjudgmental, which can help teens talk openly.
- Share the facts about vaping. Teens need to know the true health risks.
- Make an appointment with a health care provider, such as a pediatrician, who can give youth a safe space to talk.
- Learn more about vaping so you will be prepared to talk about it with teens.

Visit <https://teen.smokefree.gov/quit-vaping>



WATCH EXPERT PEDIATRICIANS DISCUSS TEEN VAPING.

Check out the links below to see pediatricians talk about teen vaping and give advice to parents and caregivers. The videos were produced by the U.S. Food and Drug Administration (FDA) in partnership with the American Academy of Pediatrics.

→ **Pediatricians' Overview of E-Cigarette Use, or Vaping**

www.youtube.com/watch?v=nSy3jQdTpcc

→ **How to Identify Signs of Youth Vaping and Nicotine Addiction**

www.youtube.com/watch?v=DdHOyhNJtkU

→ **Resources Available to Address E-Cigarette Use in Youth**

www.youtube.com/watch?v=uEi-AeBwzgQ

Online Quitting Resources for Teens

Help youth quit at Smokefree Teen. The website features **Quit Vaping** pages that help teens understand nicotine addiction, build a custom quit plan, and prepare for their quit day.

Quit Vaping also helps teens deal with cravings after quitting, find support from friends and family, and learn how vaping is related to mental health. Teens can connect with a trained counselor by visiting teen.smokefree.gov/quit-vaping.

MORE INFORMATION ABOUT VAPING

FDA Resources

Order and download FREE materials at FDA's Center for Tobacco Products (CTP) Tobacco Education Resource Library. The website contains many items for public health professionals and the public about tobacco products, e-cigarettes, and related information. Posters, fact sheets, flyers, and syndicated web content are available.

Visit digitalmedia.hhs.gov/tobacco

Resources for Teachers

Start an honest conversation about vaping. FDA has developed a series of resources for educators to discuss and learn about vaping. Visit digitalmedia.hhs.gov/tobacco/exhibit_booths/educators

FDA Tobacco Product Marketing Orders

View a list of authorized tobacco products and learn about marketing orders. Visit <https://bit.ly/3G6fM5u>

Request a CTP Speaker

Want to hear more about vapes from a CTP expert? Find out how to request a CTP speaker for your next event.

Visit <https://bit.ly/3jk1x45>



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