

Facts for Families

The Children's Home

Dangers of Teens & Vaping

What is Vaping?

Vaping is the term commonly associated with using electronic or “e-cigarettes.” Other names include “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes, and “tank systems.”

“Vaping is a leading cause of concern among educators and health professionals,” said Debbie Gingrich, vice president of behavioral health at Best Point Behavioral Health by The Children's Home.

“Holistically, illegal drug use among the nation's youth is declining; but, there is a misconception among that same population that vaping is harmless. The ‘it's only vaping’ mindset is a false narrative and the health implications are very real and very dangerous.”

Some e-cigarettes are made to look like regular cigarettes or pipes. Others look like common, every day items like pens or USB sticks.

How do they work?

The goal of any vaping device is to deliver a drug, usually nicotine, to a user by heating a liquid to produce an aerosol that is inhaled.

What's in vaping aerosol?

Vaping aerosol contains chemicals that contain things a reasonable person would not want to ingest into their lungs including diacetyl, a chemical that has been linked to lung disease, cancer-causing chemicals, and various heavy metals like nickel, tin and lead.

Vaping & Teens

E-cigarettes, as well as regular cigarettes, are highly addictive and can hinder brain development, which continues until about age 25.

The Centers for Disease Control and Prevention have investigated cases of severe lung injury and death associated with these products to the point where the illness now has its own name: e-cigarette or vaping product use associated lung injury (EVALI).

As of December 2019, nearly 2,300 cases of EVALI, and 48 deaths, have been linked to vaping products.



