

# How to Talk to Students About Vaping

As an educator, you play an important role in the lives of your students. You can make a real difference by engaging in meaningful conversations about the dangers of e-cigarette use (also known as vaping) for young people and ways to quit.

- Share that most students do *not* vape or use other tobacco products—and most students who vape want to quit.
- Provide students with tips for coping with stress in healthy ways, such as physical activity, the arts, and connecting with nature.
- Acknowledge the social pressure to vape that students might be facing from peers, social media, enticing flavors, and targeted ads from the tobacco industry.
- Encourage students who vape to quit.
- Encourage them to tap into their support system by reaching out to family, friends, or educators who can help them quit.



## Resources to Help Young People Quit

Encourage students to talk with their doctor or school nurse and connect with support services like:



**Smokefree Teen** from the National Cancer Institute has information, tips, tools, and live web-based support for teens interested in quitting tobacco use: [Teen.smokefree.gov](https://teen.smokefree.gov).



**SmokefreeTXT for Teens** is a text-based program from the National Cancer Institute to help young people quit tobacco use: [Teen.smokefree.gov/txt-teen](https://teen.smokefree.gov/txt-teen).



**1-800-QUIT-NOW** connects teens to their state quitline where they can get free and confidential support from a quit coach and get connected to additional resources: [CDC.gov/Quitline](https://www.cdc.gov/quitline).

To learn more, visit [CDC.gov/vaping](https://www.cdc.gov/vaping).

## Health Impacts of Vaping: Quick Facts

- The use of tobacco products in any form, including vapes, is unsafe for kids, teens, and young adults.
- Most vapes contain nicotine, which is highly addictive and can harm adolescent brain development. Adolescent brain development continues until about age 25.
- Nicotine exposure during adolescence can impact students' learning, mood, and attention.
- The aerosol from vapes can contain harmful and potentially harmful substances, including:
  - Cancer-causing chemicals
  - Heavy metals (such as nickel, tin, or lead)
  - Ultrafine particles
  - Flavorings such as diacetyl (a chemical linked to serious lung disease)
- When a person becomes addicted to nicotine and stops using it, their body and brain must get used to not having nicotine. This can result in temporary symptoms of withdrawal, including feeling anxious or depressed or having trouble concentrating. Youth might keep using nicotine to help relieve these symptoms.
- Youth might turn to vaping to try to deal with stress or anxiety, creating a cycle of nicotine dependence. But nicotine addiction can also be a source of stress.



To learn more, visit [CDC.gov/Vaping](https://www.cdc.gov/vaping).



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