

Children's Home of York Prevention Education

-Electric Cigarettes & Vaping Fact Sheet-

What is it?



Electronic cigarettes or E-cigs, include a variety of products such as vape pens, mods, hookah pens, E-pipe, E-cigars, and other products. There are over 450 product brands for people to purchase and over 7,000 different flavors to purchase many of which contain nicotine, a highly addictive ingredient in e-cig cartridges. It takes only 10 seconds for nicotine to reach the brain when inhaled. Vaping has increased among youth so dramatically in recent years the United States has responded by creating laws about E-cigs to protect youth. One law that changed is the age to purchase and use all tobacco products, people in the USA now have to be 21 years old to purchase or buy tobacco products in every state.



Did you know?

-Use of electronic cigarettes among children in middle school and high school has increased drastically in the past two years in the United States.

-The percentage of youth who reported using a vaping product jumped from 27.8% in 2018 to 37.3% in 2019

-Many e-cigarette and vaping products resembled small electric devices such as flash-drives and may be easily overlooked at home and in school

-The most popular vaping product among youth is the JUUL, it comprises about 75% of the market for use among those who are under the age of 21

-Youth can become addicted to the nicotine in these tobacco products as well as experience breathing and other lung problems due to their use.

-Young e-cigarette users name flavors as their top reason for beginning to use e-cigarettes, second only to use by a family member or friend.

-Both youth and adults alike have ended up in the hospital due to electronic cigarettes

Solutions for Parents



To help reduce tobacco use among the youth in your life, try some of these solutions:

- Stay informed about tobacco products, new products especially vaping products are created often, you can educate yourself about products by visiting websites.
- Talk to children of all ages in your life about the dangers of using tobacco products and how nicotine is addicting.
- Be a good role model and make a no smoking and no tobacco use rule in your house and car to protect children from breathing tobacco smoke and watching people use tobacco products.



Our Resources

Children's Home of York provides several free prevention programs to schools and youth in York County communities that help children and their families learn strategies to avoid using alcohol, tobacco and other drugs. To request information or set up a free program in your school and community please call or email Cecilia Keesey, Director of Prevention at (717) 755-1033 ext. 1257 or ckeesey@choyork.org.

-Ask About Our New Free Virtual Prevention Programming Options-

Looking for More?



We hope this guide has helped you in your journey towards drug and alcohol education for yourself and your family. Remember research, education and support are key components to navigating the world of drug and alcohol prevention and treatment. If you want more information about e-cigarettes and vaping products for you or your family check out our comprehensive drug and alcohol resource guide. This guide includes countless website links, hotline phone numbers, and even local in-person resources for York County.