



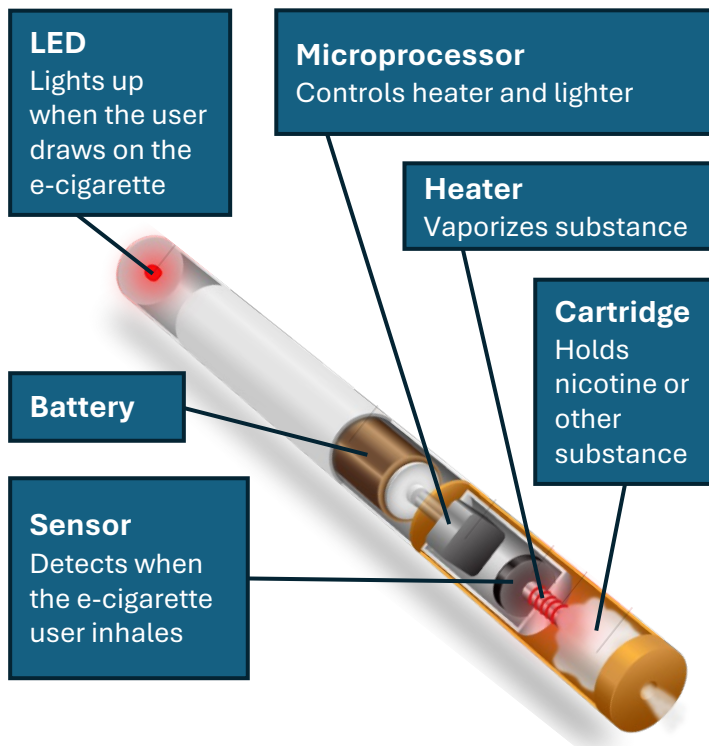
# Vaping: Protect the People You Care About

## What is vaping?

Vaping is the act of inhaling and exhaling an aerosol or vapor made from a liquid or dry material that is heated in an electronic powered device, called an electronic cigarette, or e-cigarette.

## How does a vaping device work?

Components of a vape: Generally, the vaping device consists of a battery, a cartridge for containing the e-liquid or dry material, and a heating component.



## What substances are used in vaping devices?

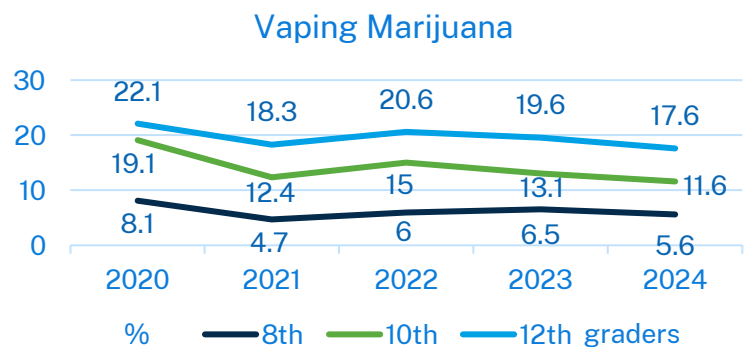
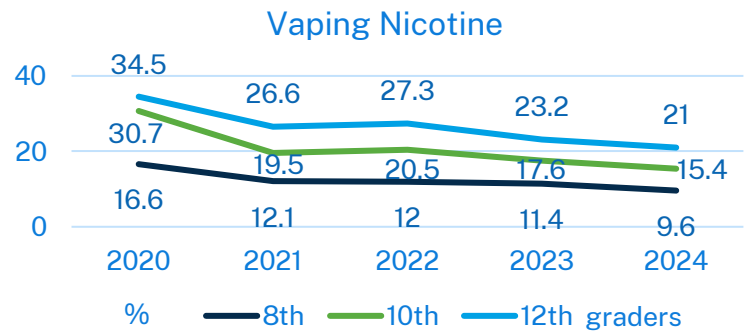
Vapes were originally marketed as an alternative to cigarettes so many vapes contain nicotine.

Marijuana concentrates are increasingly being used in vaping devices. Many users prefer the vaping device because it is smokeless, sometimes odorless, and is easy to hide or conceal.

Some users take a small amount of marijuana concentrate, referred to as a “dab,” then heat the substance using the vaping device to produce vapors that ensure an instant “high” effect (“dabbing”).

## How common is vaping?

The charts below show the percentage of 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders who vaped nicotine or vaped marijuana in the past year according to the 2024 Monitoring the Future study.



## Why Young People Vape

**Social Influences:** The most common reason U.S. middle and high school students give for trying an e-cigarette is that a friend used them. Youth also report vaping because they are curious about e-cigarettes or because a family member used them.

**Flavors:** In 2024, nearly 9 out of 10 middle and high school students who currently used e-cigarettes used a flavored product. Fruit, candy, and mint were the flavors students most commonly reported.

**Advertising:** In 2021, 7 in 10 U.S. middle and high school students reported exposure to e-cigarette marketing. 74% of students who used social media had seen e-cigarette-related posts or content.

Visit [www.getsmartaboutdrugs.com/vaping](http://www.getsmartaboutdrugs.com/vaping) to learn more.



September 11, 2025



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## Risks of Vaping

- Vapes that do not contain nicotine, marijuana, or other psychoactive substances can still be dangerous.
- Vitamin E acetate has been indicated in EVALI, which stands for E-cigarette or Vaping Product Use Associated Lung Injury. This is a potentially fatal syndrome associated with vaping.
- More than 2,000 explosion and burn injuries resulted in visits to hospital emergency departments from 2015 to 2017.

**Counterfeit devices:** U.S. retail sales data show 86% of e-cigarette sales are for illegal products. FDA works with the Department of Justice to enforce laws against selling counterfeit vapes or selling vapes to underage people.

**Contamination:** Some states that allow marijuana to be sold also screen for up to 66 pesticides, yet there are thousands of other unauthorized chemicals that growers or processors use. Synthetically manufactured THC goes through a chemical process that leaves behind dangerous residues. 25% contain a corrosive, toxic chemical similar to sulfuric acid.

## Consequences of Marijuana Concentrates

- Marijuana users may experience withdrawal and addiction problems.
- Marijuana use affects attention, memory, and learning skills.
- The effects of vaping concentrated forms of marijuana may be more psychologically and physically intense than smoking plant marijuana.

## Increased Risk of Additional Substance Use:

Compared to those who did not use nicotine at all, adolescents who:

- Vaped were 20 times more likely to use cannabis and 5-6 times more likely to binge drink.
- Both smoked and vaped nicotine were 40 times more likely to use cannabis.

## Vaping Quiz

**“Vaping is considered safe.”**

**FALSE**

Vaping is not considered safe for teens and young adults, especially since the adolescent brain is still developing and taking in these substances may be harmful. Additionally, some vape devices might explode, resulting in burns and other injuries.

**“It is just water vapor”**

**FALSE**

Most vaping devices contain and release a number of potentially toxic substances including metals and volatile organic compounds, some of which have been linked to cell and DNA damage.

**“Vaping helps you quit smoking.”**

**TRUE**

**&**

**FALSE**

Although using e-cigarettes as a way to stop smoking may work for adults, young adults who had ever used e-cigarettes had seven times higher odds of becoming smokers one year later.

**“If it is sold in a store, it must be safe.”**

**FALSE**

The Food and Drug Administration has authorized 34 products, sold by three companies. Between January 2024 and June 2024, the total number of e-cigarette products sold in the U.S. reached 6,287 products. FDA also states that vaping is not safe for youth.

**“Parents and caregivers can help protect their children from vaping.”**

**TRUE**

According to CDC, parents and caregivers can protect their children by modeling non-use of vaping devices; making their home tobacco-free, talking to their child about the risks of vaping, and helping them quit if they start.



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