E-cigarettes and Vaping Devices

An e-cigarette or “vape” is a battery-operated device that produces vapor instead of smoke. They have cartridges or “pods” filled with an e-liquid that contains flavorings and most often, nicotine.

These cartridges are either disposable one-time use or reusable and can be refilled manually. A battery powers the atomizer, which heats the e-liquid (stored in the cartridge) into aerosol.

There are many different kinds of E-cigarettes, including disposable e-cigarettes, rechargeable e-cigarettes (which include brands like Juul and blu), and a variety of tanks and mods.

Sources

www.addictionpolicy.org
833-301-HELP (4357)
Key Resources
For School Administrators and Teachers

Schools have an important role to play in helping to curb the teen vaping epidemic. The following resources can help inform the development and implementation of a school-based policy to effectively address vaping among middle and high school students through education and interventions.

- Online Course for Parents
- Online Course for Teens

Further Resources:

American Lung Association: The Vape Talk
Talk with your teen about e-cigarettes: A tip sheet for parents (CDC)
Teachers and Parents: That USB Stick Might be an E-cigarette (CDC)
For Parents and Caregivers

There are a number of strategies you can implement today to address vaping at home and in your community. Here are some free materials and further resources to help you get started. Educate teens on the harms of vaping and nicotine.

• [Online Course for Parents](#)

Further Resources:

• Talk to your teens about vaping.
  • [The Vape Talk](#) (American Lung Association)
  • [Talk with your teen about e-cigarettes: A tip sheet for parents](#) (CDC)
  • [Teachers and Parents: That USB Stick Might be an E-cigarette](#) (CDC)
  • [Parents: Facts on Teen Drug Use](#) (NIDA)

Resources to Quit

• [Tobacco Cessation Resources for Youth](#) (American Lung Association)
• [Smokefree Teen](#) (U.S. Department of Health and Human Services)
• [This is Quitting](#) or [BecomeanEx](#). Text “QUIT” to 202-804-9884; Text DITCHJUUL to 88709 (Truth Initiative)
• [My Life My Quit](#): text “Start My Quit” to 855-891-9989

About Addiction Policy Forum
Addiction Policy Forum is a national nonprofit organization dedicated to eliminating addiction as a major health problem. Our headquarters are located in Washington, DC with resources and services in every state.