

Just the Facts



youth
service
bureau

Vaping



GOOD TO KNOW:

Vaping is the act of using an electronic cigarette, vape device, or Juul.

E-cigarettes are battery-operated devices that contain a mixture of nicotine, flavors and other chemicals.

They come in a variety of flavors such as gummy bear, fruit punch and Mountain Dew.

Some resemble everyday items such as USBs.

They do not contain tobacco, but many contain harmful chemicals, high levels of nicotine and possibly other drugs.

They have shown to increase the risk of addiction to nicotine in teens.

**From 2017 to 2019,
e-cigarette use among
high school students
rose by
135 percent.
-SUMN.org**

**It is ILLEGAL for anyone under 21
to possess e-cigarettes.**

To see the Minnesota Student Survey data go to:
[Education.mn.gov/MDE/dse/health/mss/](https://www.education.mn.gov/MDE/dse/health/mss/)

*Helping youth and families learn the skills they need to be more successful
at home, in school and throughout the community.*

www.yzb.net