

VAPES AND CIGARETTES ARE A LOT ALIKE. THEY BOTH PUT NICOTINE AND CANCER-CAUSING CHEMICALS IN YOUR BODY. THEY ARE BOTH HIGHLY ADDICTIVE AND DANGEROUS FOR YOUNG PEOPLE.



VAPES CAN ALSO BE USED TO SMOKE MARIJUANA.



**LIQUID THC:**  
*The Weed Vape Juice  
That Gets You High*

*SAFE is a regional coalition of community partners in Western Norfolk County (serving Franklin, Foxboro, Mansfield, Medway, Millis, Norfolk, Plainville, Walpole, Wrentham and surrounding towns) who have come together to provide a pathway for support, education, treatment options and coping mechanisms for those affected by substance use disorder. We do so by empowering those affected, including their families, with the tools necessary to succeed on their journey to recovery. We understand that while I can't, we can.*



**EVERYTHING YOU NEED TO  
KNOW ABOUT VAPING**

<http://www.safecoalitionma.org>  
PO Box 434  
Franklin MA, 02038

**Get Help Now! For Help Call the  
SAFE support Hotline:  
508-488-8105**



**SAFECOALITIONMA.ORG**

**What is vaping?**

Vaping is the act of inhaling and exhaling the aerosol (often called vapor) produced by an e-cigarette or similar battery-powered device.

**Aren't some "e-liquids/pods" nicotine-free? It's just water vapor, right?**



E-liquids generally consist of propylene glycol, glycerin, water, nicotine, and flavorings. The pods and e-liquids come in fruit and candy flavors which target youth. E-cigarettes produce an aerosol that contains harmful substances including:

- Nicotine
- Ultrafine particles that can be inhaled deep into the lungs
- Flavoring such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Formaldehyde, vegetable oil
- Cancer-causing chemicals
- Heavy metals



**What are the health effects?**

- Harmful effects on the developing brain
- Lung Issues
- Addiction/Long-term use
- Explosion of devices causing injury
- "Vape tongue"
- Cancer

**Some pods contain as much nicotine as 20 cigarettes!!!**

**Your child may be vaping if:**

You notice a sweet scent that is unexplainable.

You come across unusual pens or USB drives or an unfamiliar battery or battery charging device.

You find small liquid bottles, similar to eye drops.

Note: A vape "cloud" disappears almost as soon it's exhaled. This is why it's so appealing and even being used in classrooms!

**Vaping Lingo:**

vape, JUUL, pods, charger, juice, battery, MOD, BLU, cloud, cloud competitions, dripping, drip tips, ghosting, hit, noob, plug,

The tobacco and vaping industry targets young people so they become lifetime users addicted to their products!

The vaping industry makes their products taste like fruit or candy so you will want to try them. The packaging is identical to many candy labels.

**Where can you buy vapes or vaping products?**

- Most retail establishment that sells tobacco products (must be 21+), or "smoke shops."
- Online retailers such as Amazon or eBay (Teens often use gift cards to purchase)
- Older siblings/students

**If you think your child is vaping:**

Talk with his/her pediatrician

Use online resources below:  
[getoutraged.org](http://getoutraged.org)  
[makesmokinghistory.org/](http://makesmokinghistory.org/)  
[mass.gov/vaping](http://mass.gov/vaping)  
[drugfree.org](http://drugfree.org)  
Instagram: @GetTheVapeFacts

**Talk about vaping early and young!**  
**Network with other parents and schools!**  
**Bring SAFE's Hidden In Plain Sight demonstration to your community!**

