



# Hunterdon United for a VAPE-FREE YOUTH

Dear Parent/Guardian,

Prevention Resources and the Safe Communities Regional Coalition of Hunterdon and Somerset Counties are dedicated to reducing substance use and mental health issues within the community. Through partnering with those who share our vision, raising awareness, and engaging the community at large, we have fostered a rich history of success in our mission.

Our new project, **Hunterdon United for Vape-Free Youth**, will be working in partnership with community leaders to address the growing concern surrounding youth vaping. We are working to provide resources for students, parents, and school faculty members with the goal of helping our community make informed decisions about vaping.

#### Facts you may not know about youth vaping:

- A 'vape' is the term used to describe the delivery mechanism of products such as JUUL, nicotine, e-juices, THC, and alcohol.
- In 2018, the Surgeon General declared e-cigarette (vape) use among youth a national epidemic.
- Schools ranked teen vaping as the number one problem in Hunterdon County (Key Informant 2019).
- Most youth do not know the ingredients in these products.
- Even products that claim they are nicotine-free may contain nicotine due to lack of regulation.
- Nicotine exposure during adolescence can harm the brain, as it is still developing up to age 25.
- Teen nicotine use increases the likelihood of future drug use, including tobacco products and marijuana.

We encourage you to visit our online resource for more information

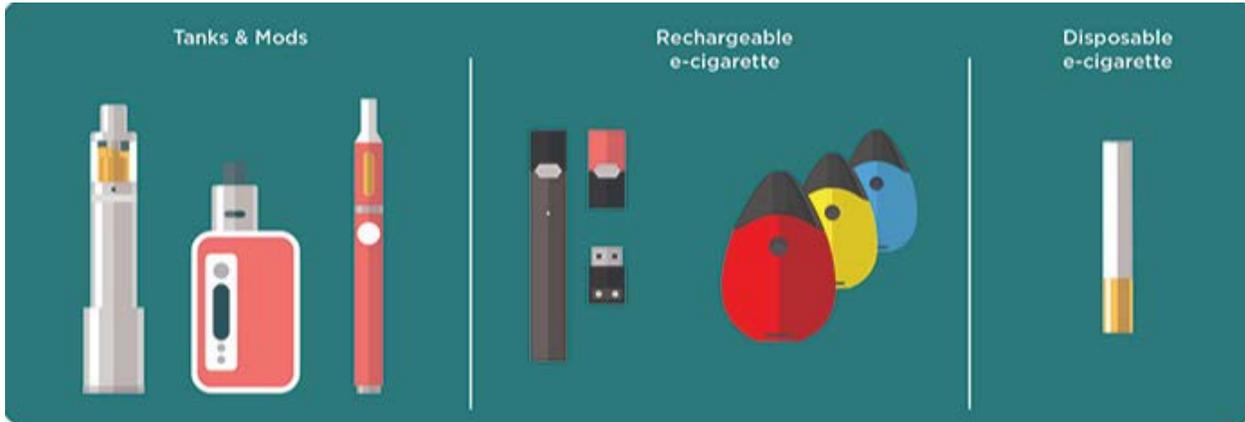
[www.njprevent.com/whatsinyourvape](http://www.njprevent.com/whatsinyourvape).





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## What Are E-cigarettes (vaping devices)?



*pictured above: different vaping devices currently on the market (CDC 2019).*

- E-cigarettes are electronic devices that heat a liquid (e-juice) to produce an aerosol. The user inhales this aerosol.
- The liquids used to create this aerosol are made using chemicals, additives, and mind altering substances. They can include nicotine, diacetyl (a chemical used to flavor popcorn), and THC.
- They are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” vape pens,” “take systems,” and “electronic nicotine delivery systems (ENDS).”
- The act of using one of these devices is often referred to as “vaping” or “JUULing”.
- These devices come in in many shapes, sizes, and colors. Some look like cigarettes, cigars, or pipes. Some are extremely discrete, and look like USB flash drives, pens, and other everyday items.

*All of the information presented in this document was gathered directly from the Center for Disease Control (CDC) unless otherwise specified. All facts and statistics were updated by the CDC in 2019 to reflect the most up to date research on e-cigarette devices.*