

YOUR KIDS KNOW ABOUT VAPING.

IT'S TIME TO GET UP TO SPEED.



TYPES OF VAPES:

Vapes are designed to blend in with regular school supplies. See what they look like.

THE DANGERS:

- Youth vaping exposes a rapidly developing brain to **dangerous levels of nicotine**.
- Nicotine exposure permanently **alters the brain** and increases the chances of addiction later in life — including to other forms of tobacco.
- Vape aerosols **contain almost no water**. Instead, they contain cancer-causing chemicals and heavy metals such as tin, lead and nickel.
- **We don't know the long-term effects of vaping.** However, it's already linked to e-cigarette or vaping product use-associated lung injury (EVALI).
- Another compound found in vapes, diacetyl, **causes popcorn lung**. This is a thickening and narrowing of the airways that causes wheezing, coughing and shortness of breath — similar to symptoms of chronic obstructive pulmonary disease (COPD).

In Oklahoma,

1 in 4 teens

report vaping within
the last 30 days.



FLAVORS:

Flavors are used to hook first-time users and keep them coming back. Vape companies specially formulate the flavors — and packaging — to attract kids.

ACCESS:

Despite the minimum purchase age of 21, kids are still getting vapes. **Here's how:**

- Some Oklahoma **retailers don't enforce proper identification**.
- Vape sellers on social media platforms such as TikTok **specifically target young people using popular hashtags like #kids**. Buyers are then taken to websites that fail to properly verify age.
- Teens often obtain vapes through **friends and older peers**.



TOBACCO STOPS WITH **ME.**

