

## Headline

**Nearly half of Nevada kids 13-18 years old have tried vaping.  
They need our help to quit.**

72% of Nevada's 13-18-year-old vapers report wanting to quit.  
44% of them have tried to quit 10 times or more. Addiction is real.

## What is vaping?

- Vaping is the inhaling of an aerosol created by a battery-powered electronic cigarette (e-cigarette) or other vaping device.
- Vapes have cartridges filled with a liquid that typically contains nicotine, flavorings, and chemicals. See [a list of the toxic chemicals and metals that have been found in these products](#).
- The liquid is heated into a vapor, which the user inhales, thus the name "vaping."

## Who vapes?

- 23% of Nevadans 13-18 years old reported vaping in the past 30 days.
- Almost half of all Nevada teens 18 and under have tried vaping.
- 15 is the average age of first vape use although some start as early as 10.

## How to identify a vaper

- Vape aerosol disappears quickly and is often odorless but can leave an aroma of fruit or candy for a few minutes after use.
- Vape devices are easy to hide. They often look like everyday items, including pens, USB sticks or phone cases. There are hats and backpacks with special stash pockets. And some vape devices — like special hoodies — will even conceal exhaled vapor in hidden tubes and compartments.

### *Visual Examples*

- Be aware of unusual irritability in the adolescent, a sudden decline in school attendance or grades, new secretiveness or a sudden change in social circles.

## The dangers of vaping

- In addition to nicotine, e-cigarettes contain other harmful substances. [See this list of potential ingredients](#).
- Vape use significantly increases a person's risk of developing chronic lung diseases like asthma, bronchitis, and emphysema.
- Vape aerosol can harm adolescent brain development, which continues into the early to mid-20s.

- Young people who vape are 4x more likely to smoke cigarettes in the future.

### **Communities at risk**

Information on minority communities targeted by tobacco and vape companies.

- [Racist policies have created a public health emergency](#)

Info on LGBTQ tobacco use

- [National LGBT Cancer Network](#)
- [America Lung Association](#)

### **How to help them quit**

Kids are more likely to quit with support.

- Training & curriculum
  - CATCH My Breath [vape cessation school program](#)
  - Stanford Medicine [vaping prevention online course](#)
  - SBIRT [substance use screening tools](#)
  - [Truth Initiative youth vaping quizzes](#)
  - [Stanford Medicine vaping quizzes](#)
- Connect kids with quitting tools
  - Free, text based 1-on-1 coaching designed for youth [from National Jewish Health My Life My Quit](#)
  - [This is Quitting from the Truth Initiative](#)

- Advocate

[Nevada Tobacco Prevention Coalition](#)