

# Teen Vaping

E-cigarettes and vapes are aerosols, not water vapor, and they have high risks associated with them due to chemicals and ultrafine particles. Nicotine exposure during adolescence and young adulthood can cause addiction, harm the developing brain, and lead to the use of other tobacco products.

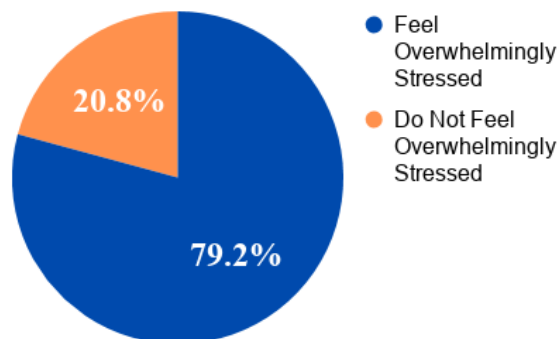
Stress and anxiety can trigger craving e-cigarettes and vapes. Many students are still learning ways to cope with stress, anxiety, and depression, but e-cigarette and vaping use is not an effective way to cope with these feelings. In Middlesex County high schools:

About 1 in 4 students experience depression\*.

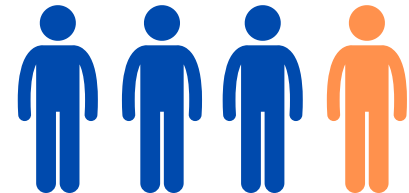


\*26.5% of high school students reported feeling sad or hopeless almost every day for two or more weeks in a row.

Feeling Of Stress Among Students



About 3 in 4 students did not get enough sleep on a school night.



**24.3% of students in Middlesex County high schools are currently using e-cigarettes and vapes.** With this increased use of vapor products among teens and youth, it is important to talk to your children about coping strategies and e-cigarette and vaping use.

## Resources

Signs your child is vaping:

- [How to Know if Your Kids are Vaping](#)
- [Signs That Your Kid May be Vaping](#)

How to talk to you child about vaping:

- [How to Talk to your Kids about Vaping Guide](#)
- [How to Talk to Teens About Vaping](#)

More on vaping:

- [Facts on E-Cigarette Use Among Young Adults](#)
- [About E-Cigarettes](#)

[Visit Healthy Bedford's Webpage](#)

## Citations

U.S. Department of Health and Human Services. (2020). Know the Risks: E-Cigarettes & Young People. Retrieved from <https://e-cigarettes.surgeongeneral.gov/>.

Town of Arlington Massachusetts. (2019). Youth Risk Behavior Assessment (YRBS) - Middlesex League: Arlington Report. Retrieved from [http://www.arlington.k12.ma.us/news/APS\\_2019\\_Youth\\_Risk\\_Behavior\\_Survey.pdf](http://www.arlington.k12.ma.us/news/APS_2019_Youth_Risk_Behavior_Survey.pdf)

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