

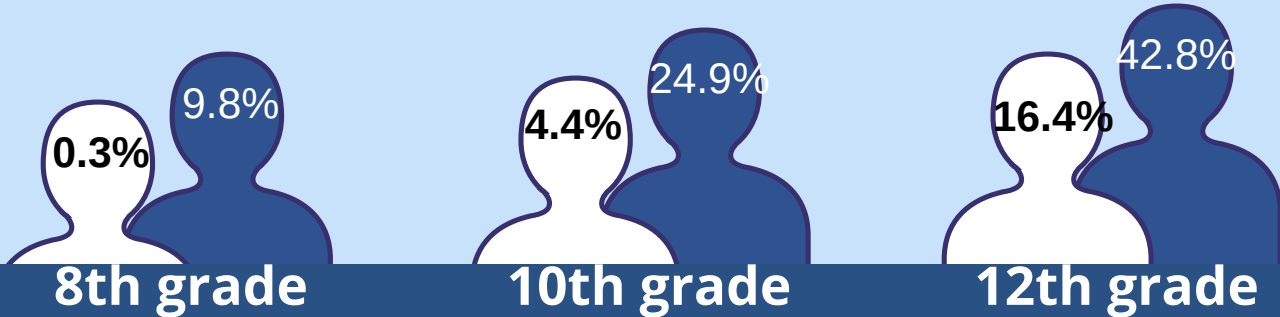
**It PAYS to ASK...**  
**It PAYS to KNOW**



LOWER DAUPHIN  
*Communities That Care*

# TEENS & VAPING

LD teens are more likely to use e-cigarettes (vaping) than cigarettes\*



**CIGARETTES**



**E-CIGARETTES**

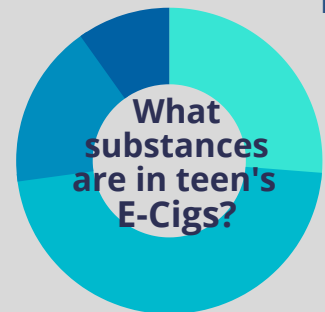
\*past month user

Vaping can be done with any combination of flavoring, nicotine, marijuana or hash oil (hash oil is a derivative of marijuana)

Marijuana/Hash Oil+  
17.3%

I don't know+  
9.9%

Flavoring+  
26.2%



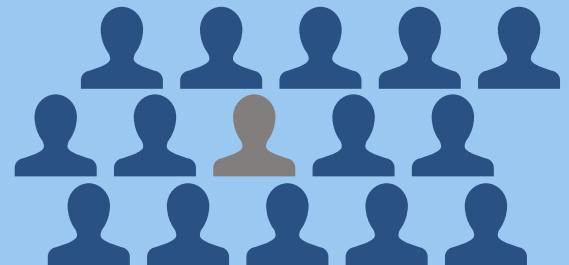
Nicotine+  
46.6%

+ out of the # of students who tried vaping

## IN THE PAST 30 DAYS...



**1 in 4 PA high school students vaped**



**1 in 15 PA middle school students vaped**

The Pennsylvania Youth Survey (PAYS) is an anonymous student survey administered biannually to youth in grades 6-8-10-12 to learn about their behavior, attitudes, and knowledge concerning alcohol; tobacco and other drugs; school climate and safety; depression; and violence.

Source: 2019 Pennsylvania Youth Survey (PAYS); American Lung Association

Is my child vaping?

**33.9%**

of Lower Dauphin  
high school students  
have tried it.

**9.8%**

of 8th graders  
have tried it.

**1.6%**

of 6th graders  
have tried it.

## HOW DO I KNOW IF MY CHILD IS VAPING?

Signs of vaping could include:

- \*Sleep changes
- \*Chronic cough
- \*Irritability

- \*Nosebleeds
- \*Increased thirst
- \*Shortness of breath



**Start a conversation  
with your child.**

To learn more about  
vaping,  
visit [www.lung.org](http://www.lung.org).

## What are the risks?

- Nicotine and Acrolein, a known ingredient of many e-cigarettes, causes irreversible lung damage.
- Nicotine exposure during adolescence can harm the developing brain.
- It accelerates tooth decay.
- Potential school consequences, criminal penalties and fines.