

# Many teens have dangerous misperceptions that lead them to believe that vaping is harmless.

## Common myths believed about vaping, along with the facts.

**“It’s just flavoring.”**

Vapes get their flavors from chemicals. While these flavorings are safe to eat in food, they’re not safe to inhale. Inhaling flavor chemicals can harm your lungs.<sup>11</sup>

Want an example?

Some buttery-flavored vapes like caramel contain diacetyl and acetoin. Inhaling diacetyl has been linked to popcorn lung, a lung disease that doesn’t have a cure.<sup>11</sup>

**“It’s just water vapor.”**

**But it’s not.**

Vaping can expose the user’s lungs to harmful chemicals like formaldehyde, diacetyl and acrolein, as well as toxic metal particles like nickel, tin and lead.<sup>4,8-10,11-13</sup>

**“I don’t have an addictive personality—I won’t get hooked on vapes.”**

Some vapes that claim they are nicotine-free are not.<sup>8,17-22</sup>

**“My vape says it’s nicotine-free. There’s no way I’ll become addicted.”**

Vaping delivers nicotine to the brain in as little as 10 seconds.<sup>14,15</sup>

A teen’s brain is still developing, making it more vulnerable to nicotine addiction.<sup>16</sup>

**“Nicotine isn’t that bad for me.”**

Nicotine exposure during the teen years can disrupt normal brain development. It can have long-lasting effects, like increased impulsivity and mood disorders.<sup>23-25</sup>

**“Just because I vape doesn’t mean I’m going to smoke cigarettes.”**

Research shows teens who vape are more likely to try smoking cigarettes.<sup>26</sup>

## FDA’s Efforts to Curb Youth E-Cigarette Use

FDA is committed to protecting youth from the dangers of e-cigarettes. In addition to our national peer-to-peer public education campaign called “The Real Cost,” we’re joining forces with Scholastic to provide teachers and school administrators with the resources they need to educate their students about e-cigarettes.

Together, we’ve created a **free lesson plan and research activity** for teachers to educate their students on the health risks of e-cigarette use. Please visit the [Scholastic youth-vaping-risks site](#) to access these resources.

## Share This Information



Please share this infographic with other teachers and school administrators. In addition, if you’d like to learn more about e-cigarettes, check out these resources:

- » [Surgeon General Fact Sheet](#) – E-cigarette use among youth and young adults
- » [Parent Tip Sheet](#) – How parents can talk with their teen about vaping
- » [CDC Infographic](#) – E-cigarette ads and youth infographics
- » [Smokefree Teen](#) – If you know a teen who is addicted to any tobacco product, including cigarettes and e-cigarettes, there are resources to help them quit