

Vaping Trends: What Parents of Tweens & Teens Need To Know



Thanksgiving break is here and Winter break is just around the corner. For tweens and teens, this means freedom and fun with friends. Before you send your kids out the door, take a few minutes to educate yourself on **vaping**..the latest trend, outrageously popular with this age-group. For quick-read articles and videos about what vaping is and how to recognize the different devices, click on the links below.

[NBC News Article: Why Juuling Has Become a Nightmare for School Administrators](#)

[NBC Nightly News Video: Teens Inhale Cancer-Causing Chemicals in E-Cigarettes, New Study Shows](#)

Check out the [wearable products](#) designed for discreet, hands-free vaping.

Click to hear [Real California Teens talk about vaping](#)

Different Types of Vapes

(click on each link for an informative video)

- [Juules](#)
- [Mods](#)
- [Vault](#)
- [Phix](#)
- [Suorin](#)

In case you didn't pick up on it in the article or videos, please note that according to Juul's [product website](#), **ONE Juul "pod" delivers close to 200 puffs which is as much nicotine as a PACK of cigarettes.**



KNOWLEDGE IS POWER! Thank you for taking the time to learn about this trend. Feel free to share this, and as always... Teen Esteem is here as a resource to you. Visit our [website](#) for [helpful handouts](#), [videos](#) and information about [our programs](#) to help you support your student this school year!