



Learn More About E-Cigarettes and JUULs

VAPING IS NOT JUST WATER AND FLAVORS

Acrolein

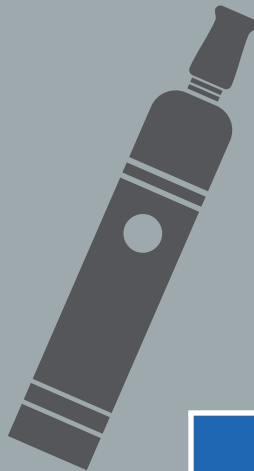
The same toxic product that's used as a weed killer and can cause irreversible lung damage.

Propylene glycol

This ingredient is toxic to cells and can cause a condition known as Popcorn Lung.

Formaldehyde

A dangerous chemical that can cause lung and even heart disease.



MOST E-CIGARETTES DO CONTAIN NICOTINE.

Why is this a problem for me?

- Nicotine is an addictive chemical and can harm development of the teen brain.
- Over time, it can affect your attention span and even result in memory loss.

GROSS, RIGHT? AND THESE AREN'T EVEN ALL OF THE CHEMICALS THAT WE KNOW ABOUT.



40.8% of Pennsylvania high school students have used an e-cigarette at least once, and **24.1% of high school students currently use e-cigarettes.**¹⁴

- Centers for Disease Control and Prevention.

E-CIGARETTE USE INCREASED



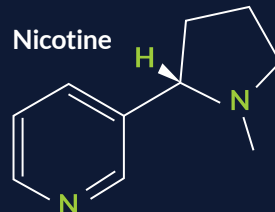
78%

among high school students from 2017 to 2018.

- U.S. Health and Human Services

IN FACT, IN ONE JUUL POD ALONE, THERE IS THE SAME AMOUNT OF NICOTINE AS THERE IS IN 20 CIGARETTES.

Nicotine



Acrolein



Cancer Causing Chemicals






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NO MATTER HOW IT'S DELIVERED, NICOTINE IS **ADDICTIVE & HARMFUL** FOR YOUTH AND YOUNG ADULTS.

– U.S. Surgeon General



Volatile Organic Compounds



Ultrafine Particles

How can you make a difference?

Get involved! If you are a teen between the ages of 12 and 18, you can join the fight against tobacco and nicotine products as a Tobacco Resistance Unit (TRU) member! As a TRU member, you have the opportunity to take part in awesome activities to help educate others about the dangers of these products and you even become an advocate for important issues like Tobacco 21!

Learn more about the TRU movement at TRUinPA.org and make sure to follow us on social media @TRUinPA!

TOBACCO



What is Tobacco 21?

Tobacco 21 is all about raising the age to purchase tobacco and nicotine products from 18 to 21 to make sure your future generation doesn't get addicted to nicotine and leads healthier lives.

Learn more about becoming an advocate for Tobacco 21 and how to get involved at UpTheAge.com!