



Learn More About E-Cigarettes and JUULs

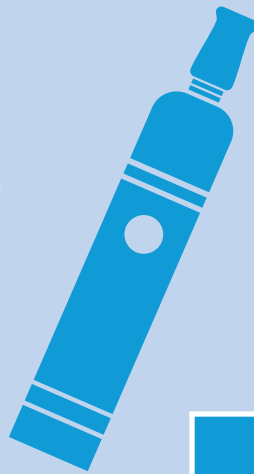
VAPING IS NOT JUST WATER AND FLAVORS

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.

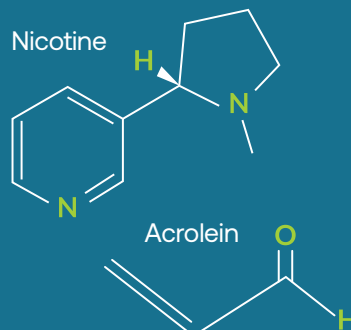
GROSS, RIGHT? AND THESE AREN'T EVEN ALL OF THE CHEMICALS THAT WE KNOW ABOUT.



52.6% of Pennsylvania high school students have used an electronic vapor product at least once, and **24.4% of high school students currently use electronic vapor product.**

– Centers for Disease Control and Prevention.

E-CIGARETTE USE INCREASED
↑ 135% among high school students from 2017 to 2019.
 – State of Tobacco Control



Cancer Causing Chemicals



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



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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 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 have access to TRU gear and scholarship opportunities.

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

