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Creating Safe Environment for Children

Dear Parents,

There has been a dramatic rise in the use of electronic cigarettes smoking among youth and young adults. E – Cigarettes are battery powered smoking devices that have cartridges filled with a liquid that usually contains nicotine, flavorings and chemicals. The liquid is heated into vapors which the person inhales.

The device contains flavors and does not generate any foul smell associated with conventional smoking. They are available in sleek designs and fancy appearances. These products are marketed to attract consumers, especially youth by creating a false notion of safety.

Here are facts and tips for parents to help parents address e – cigarettes use and exposure:

- Nicotine in E – Cigarettes is very addictive and can harm brain development.
- The solution contains harmful cancer-causing chemicals.
- E – Cigarettes are never recommended as a way to quit smoking.
- These devices may explode causing burns injuries and fire.
- E – Cigarettes can be used to smoke other intoxicants such as marijuana.
- It may also be a gateway of using conventional smoking.

As a parent or caregiver, you have an important role in protecting children from E – Cigarettes and the best way to protect your children is to never smoke or vape near them. Talk to your child or teen about why e – cigarettes are harmful for them, it's never too late.

PRINCIPAL