

Report  
to **PARENTS**

# Tips and Resources to Stop Youth Addiction Before It Starts

## A Public Health Concern

Youth e-cigarette use remains a serious public health problem in the U.S.

- E-cigarettes are the most commonly used tobacco product among both high school and middle school students. **2.1 million middle and high school students use e-cigarettes.**
- Among youth who are using e-cigarettes, **nearly 90 percent use flavored products**, with fruit, candy, mint and menthol being the most commonly used flavors.
- Approximately **one-quarter of youth who reported using e-cigarettes are using the products every day.**
- As long as any flavored e-cigarettes remain on the market, **kids will shift to them.**

## Helpful Resources

**Seek help** from a professional. If you think your child is using e-cigarettes—especially if they are showing signs of nicotine addiction—it's important to get help from your pediatrician or other medical provider.

**Visit websites** to help teens quit vaping.

- [Teen.Smokefree.gov](http://Teen.Smokefree.gov)
- [TruthInitiative.org/ThisIsQuitting](http://TruthInitiative.org/ThisIsQuitting)
- [TobaccoFreeKids.org](http://TobaccoFreeKids.org)



- Visit the Tobacco Control page of your state's Department of Health website for information about cessation resources available in your state.

**Sign up** for helpful text messages.

- Text QUIT to 847-278-9715 to sign up for text messages for parents of vapers.
- Text TAKEDOWN to 88709 to access Truth Initiative's text-to-quit program.

**Educate other families** about this public health crisis by sharing information on social media.

**Contact elected officials.** Local, state, and federal officials need to know that you want them to help protect our kids by eliminating all flavored e-cigarettes.

## Video Testimonials

A [pediatrician](#), a [school nurse](#), and a [teacher](#) describe the impact of youth e-cigarette use.