

# TIPS for TEENS

## E-CIGARETTES

### THE TRUTH ABOUT E-CIGARETTES



**SLANG: E-CIGS/E-HOOKAHS/  
VAPE PENS/VAPES/  
TANK SYSTEMS/MODS**

## GET THE FACTS

#### **E-CIGARETTES ARE A WAY TO INHALE NICOTINE AND MARIJUANA.**

The aerosol emitted can also contain other harmful substances, including heavy metals such as lead, volatile organic compounds, and cancer-causing agents.<sup>1</sup>

**E-CIGARETTES COME IN MANY SHAPES AND SIZES.** Some resemble pens, USB sticks, and other everyday items. Larger devices such as tank systems, or “mods,” do not resemble other tobacco products.

**E-CIGARETTE USE HARMS THE DEVELOPING BRAIN.** E-cigarettes typically deliver nicotine, a harmful drug to the youth brain and body. Teens are particularly vulnerable to the effects of nicotine since the brain is still developing during these years and through young adulthood.<sup>2</sup> People who use marijuana in an e-cigarette may experience the same side effects as they would if they smoked marijuana—all of which can be heightened if the person uses marijuana with another substance, such as alcohol.<sup>3</sup>

## ? Q&A

**Q. AREN'T E-CIGARETTES SAFER THAN SMOKING CIGARETTES OR USING SMOKELESS TOBACCO?**

**A.** Regular cigarettes are extraordinarily dangerous, killing half of all people who smoke long-term. However, youth use of tobacco products in any form is unsafe, including e-cigarettes. More research is needed to fully understand their impact on health.

**Q. CAN'T E-CIGARETTES HELP ME QUIT SMOKING REGULAR CIGARETTES?**

**A.** E-cigarettes may help non-pregnant adult smokers if used as a complete substitute for all cigarettes. However, there is no conclusive evidence that using e-cigarettes helps someone quit smoking for good.<sup>4</sup> The U.S. Food and Drug Administration (FDA) has approved seven “quit aids” for quitting smoking, but e-cigarettes are not currently one of them.

**Q. AREN'T E-CIGARETTES USED MORE OFTEN BY ADULTS, NOT YOUTH?**

**A.** Youth are more likely than adults to use e-cigarettes. In 2018, more than 3.6 million U.S. middle and high school students used e-cigarettes in the past 30 days, including 4.9 percent of middle school students and 20.8 percent of high school students.<sup>5</sup>

#### **THE BOTTOM LINE:**

E-cigarettes are unsafe for young people. Whether a young person uses nicotine or marijuana in an e-cigarette, there can be dangerous health consequences.

#### **LEARN MORE:**

Get the latest information on how drugs affect the brain and body at [teens.drugabuse.gov](https://teens.drugabuse.gov).

#### **TO LEARN MORE ABOUT E-CIGARETTES, CONTACT:**

**SAMHSA**

**1-877-SAMHSA-7 (1-877-726-4727)**

(English and Español)

**TTY 1-800-487-4889**

**[www.samhsa.gov](https://www.samhsa.gov)**

**[store.samhsa.gov](https://store.samhsa.gov)**



# **SAMHSA**

Substance Abuse and Mental Health  
Services Administration



# BEFORE YOU RISK IT!

1

**KNOW THE LAW.** People ages 18 and older are allowed to buy e-cigarettes in most states—other states have an age requirement of 19 or 21. However, just because e-cigarettes are legal for adults to purchase doesn't mean they are safe, especially for young people.<sup>6</sup>

2

**KNOW THE RISKS.** Nicotine is highly addictive and can harm the developing adolescent brain. The nicotine in e-cigarettes and other tobacco products can also prime young brains for addiction to other drugs, such as cocaine and methamphetamine.<sup>7</sup>

3

**LOOK AROUND YOU.** E-cigarettes are the most commonly used tobacco product among youth. However, four out of five U.S. students overestimate peer e-cigarette use. If you've never smoked or used other tobacco products or e-cigarettes, don't start.<sup>8</sup>



## MORE INFORMATION

FOR MORE INFORMATION OR FOR RESOURCES USED IN THIS

# "TIPS for TEENS,"

visit [store.samhsa.gov](http://store.samhsa.gov) or call  
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**SAMHSA**  
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Services Administration



## WHAT CAN YOU DO TO HELP SOMEONE WHO IS USING E-CIGARETTES?

### BE A FRIEND.

Encourage your friend to stop using or seek help from a parent, teacher, or other caring adult.

For 24/7 free and confidential information and referrals in English and Spanish, call SAMHSA's National Helpline at:

1-800-662-HELP (1-800-662-4357)

or visit the SAMHSA Behavioral Health Treatment Services Locator at:  
[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

<sup>1</sup> Centers for Disease Control and Prevention (CDC). (2018). Electronic cigarettes. *Smoking & Tobacco Use*. Retrieved from [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/index.htm](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm)

<sup>2</sup> U.S. Department of Health and Human Services (HHS). (2016). *E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health. Retrieved from [https://e-cigarettes.surgeongeneral.gov/documents/2016\\_SGR\\_Full\\_Report\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Full_Report_508.pdf)

<sup>3</sup> NIDA. (2017). *Marijuana: Facts for Teens*. Retrieved from <https://www.drugabuse.gov/publications/marijuana-facts-teens/want-to-know-more-some-faqs-about-marijuana>

<sup>4</sup> NIDA. (2018). Electronic cigarettes (e-cigarettes). Retrieved from <https://www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarettes>

<sup>5</sup> Cullen, K. A., Ambrose, B. K., Gentzke, A. S., Apelberg, B. J., Jamal, A., & King, B. A. (2018). Notes from the field: Use of electronic cigarettes and any tobacco product among middle and high school students — United States, 2011–2018. *Morbidity & Mortality Weekly Report*, 67(45):1276–77.

<sup>6</sup> CDC (2018). STATE System Tobacco 21 fact sheet. Retrieved from <https://chronicdata.cdc.gov/download/873a-iff4/application%2Fpdf>

<sup>7</sup> HHS. (2016). Fact sheet. *E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General*. Retrieved from [https://e-cigarettes.surgeongeneral.gov/documents/2016\\_SGR\\_Fact\\_Sheet\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Fact_Sheet_508.pdf)

<sup>8</sup> Agaku, I. T., Odani, S., Homa, D., Armour, B., & Glover-Kudon, R. (2018). Discordance between perceived and actual tobacco product use prevalence among US youth: A comparative analysis of electronic and regular cigarettes. *Tobacco Control*. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/29674512>

# TIPS for TEENS

## MARIJUANA



### THE TRUTH ABOUT MARIJUANA

**SLANG: WEED/POT/GRASS/ REEFER/  
GANJA/MARY JANE/BLUNT/JOINT/TREES**

## GET THE FACTS

**MARIJUANA AFFECTS YOUR BRAIN.** Tetrahydrocannabinol (THC), the chemical responsible for most of marijuana's psychological effects, affects brain cells throughout the brain, including cells in circuits related to learning and memory, coordination, and addiction.<sup>1</sup>

**MARIJUANA AFFECTS YOUR SELF-CONTROL.** Marijuana can seriously affect your sense of time and your coordination, impacting things like driving.

**MARIJUANA AFFECTS YOUR LUNGS.** Marijuana smoke deposits four times more tar in the lungs and contains 50 percent to 70 percent more cancer-causing substances than tobacco smoke does.<sup>2</sup>

**MARIJUANA USE IS NEGATIVELY LINKED WITH OTHER ASPECTS OF YOUR HEALTH.** Chronic marijuana use has been linked with depression, anxiety, and an increased risk of schizophrenia in some cases.<sup>3</sup>

**MARIJUANA IS NOT ALWAYS WHAT IT SEEMS.** Marijuana can be laced with substances without your knowledge.<sup>4</sup> "Blunts"—hollowed-out cigars filled with marijuana—sometimes contain crack cocaine.

**MARIJUANA CAN BE ADDICTIVE.** Not everyone who uses marijuana becomes addicted, but some users develop signs of dependence.

## ? Q&A

**Q. ISN'T SMOKING MARIJUANA LESS DANGEROUS THAN SMOKING CIGARETTES?**

**A. NO.** Both marijuana and cigarette smoke can be harmful. More research is needed to fully understand the connection between marijuana and long-term effects such as cancer.<sup>5</sup>

**Q. CAN PEOPLE BECOME ADDICTED TO MARIJUANA?**

**A. YES.** Marijuana use can lead to a marijuana use disorder, which takes the form of addiction in severe cases.<sup>6</sup>

**Q. WHAT ARE THE OTHER RISKS ASSOCIATED WITH MARIJUANA USE?**

**A.** In addition to the physical and mental risks associated with marijuana use, people who use marijuana have also reported less academic and career success, as well as lower life satisfaction and more relationship problems.<sup>7</sup>

### THE BOTTOM LINE:

Marijuana affects the development of teen brains. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust if you have questions.

### LEARN MORE:

Get the latest information on how drugs affect the brain and body at [teens.drugabuse.gov](https://teens.drugabuse.gov).

### TO LEARN MORE ABOUT MARIJUANA, CONTACT: SAMHSA

1-877-SAMHSA-7 (1-877-726-4727)  
(English and Español)

TTY 1-800-487-4889

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# BEFORE YOU RISK IT!

- 1 KNOW THE LAW.** Marijuana is a Schedule I drug.<sup>8</sup> According to federal law, it is illegal to buy or sell marijuana.
- 2 GET THE FACTS.** Using marijuana can cause memory problems and mood changes, and long-term use may lower intelligence.<sup>9,10</sup>
- 3 STAY INFORMED.** Research suggest that teens usually try alcohol, tobacco, and marijuana before other drugs, though most people who use marijuana do not use other drugs.<sup>11</sup>
- 4 KNOW THE RISKS.** Marijuana affects your coordination and reaction time, raising your risk of injury or death from car crashes and other accidents. Co-use of alcohol or other drugs heightens crash risks.<sup>12</sup>
- 5 LOOK AROUND YOU.** Most teens aren't smoking marijuana. In fact, only 6.5 percent of youth ages 12 to 17 said that they had smoked marijuana in the past month.<sup>13</sup>



## MORE INFORMATION

FOR MORE INFORMATION OR FOR RESOURCES USED IN THIS

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visit [store.samhsa.gov](http://store.samhsa.gov) or call  
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## KNOW THE SIGNS

How can you tell if a friend is using marijuana? Symptoms of marijuana use may include:<sup>14</sup>

- **Poor physical coordination**
- **Red eyes**
- **Unusual smell on clothing**
- **Problems with short-term memory**
- **Anxiety**



## WHAT CAN YOU DO TO HELP SOMEONE WHO IS USING MARIJUANA?

### BE A FRIEND. SAVE A LIFE.

Encourage your friend to stop using or seek help from a parent, teacher, or other caring adult.

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1-800-662-HELP (1-800-662-4357)  
or visit the SAMHSA Behavioral Health Treatment Services Locator at:  
[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

<sup>1,2,3,5,12</sup> National Institute on Drug Abuse. (2018). Research Reports: Marijuana. Retrieved from <https://www.drugabuse.gov/publications/research-reports/marijuana/letter-director>

<sup>4</sup> Gilbert, C. R., Baram, M., & Cavarocchi, N. C. (2013). Smoking wet: Respiratory failure related to smoking tainted marijuana cigarettes. *Texas Heart Institute Journal*, 40(1): 64-67.

<sup>6</sup> Medical News Today. (2017). Marijuana 'may be worse than cigarettes for cardiovascular health'. Retrieved from <https://www.medicalnewstoday.com/articles/318854.php>

<sup>7</sup> National Institute on Drug Abuse. (2018). Marijuana. *Drug Facts*. Retrieved from <https://www.drugabuse.gov/publications/drugfacts/marijuana>

<sup>8</sup> Drug Enforcement Administration. (2018). Drug Scheduling. Retrieved from <https://www.dea.gov/druginfo/ds.shtml>

<sup>9</sup> Centers for Disease Control and Prevention. (2017). Marijuana and Public Health. Retrieved from <https://www.cdc.gov/marijuana/health-effects.html>

<sup>10</sup> Meier, M. H., Caspi, A., Ambler, A., Harrington, H., Houts, R., Keefe, R. S. E., McDonald, K., Ward, A., Poulton, R., & Moffitt, T. E. (2012). Persistent cannabis users show neuropsychological decline from childhood to midlife. *Proceedings of the National Academy of Sciences of the United States of America*, 109(40), E2657-E2664. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3479587/>

<sup>11</sup> National Institute on Drug Abuse. (2015). Marijuana: Facts for Teens. Retrieved from <https://www.drugabuse.gov/publications/marijuana-facts-teens/want-to-know-more-some-faqs-about-marijuana>

<sup>13</sup> Substance Abuse and Mental Health Services Administration. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health* (HHS Publication No. SMA 18-5068, NSDUH Series H-53). Retrieved from <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFFR2017/NSDUHFFR2017.pdf>

<sup>14</sup> American Addiction Centers. (2018). What Are the Signs That Someone Is High? Retrieved from <https://americanaddictioncenters.org/marijuana-rehab/how-to-tell-if-someone-is-high/>

# TIPS for TEENS

## OPIOIDS

### THE TRUTH ABOUT OPIOIDS

**SLANG: O.C./OXY/PERCS/VIKE/M/MONKEY/  
WHITE STUFF/LEAN/SCHOOLBOY/SIZZURP/  
PURPLE DRANK/LOADS**

## GET THE FACTS

**OPIOIDS AFFECT YOUR BRAIN.** Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone, hydrocodone, codeine, morphine, and many others.<sup>1</sup> They affect both the spinal cord and brain to reduce the intensity of pain-signal perception as well as brain areas that control emotion.<sup>2</sup> They can also affect the brain to cause euphoria or “high.”<sup>3</sup>

**OPIOIDS AFFECT YOUR BODY.** Opioids slow down the actions of the body, such as breathing and heartbeat. Even a single dose of an opioid can cause severe respiratory depression (slowing or stopping of breathing), which can be fatal; taking opioids with alcohol or sedatives increases this risk.<sup>4</sup>

**OPIOIDS ARE ADDICTIVE.** Even though heroin is highly addictive, more people struggle with addiction to prescription pain relievers.<sup>5</sup> Many young people who inject heroin report misuse of prescription opioids before starting to use heroin.<sup>6</sup>

**OPIOIDS CAN KILL YOU.** Drug overdose is the leading cause of accidental death in the United States, with 68,690 drug overdose deaths between March 2017 and March 2018.<sup>7</sup> More than 46,000 of those deaths involved opioids.<sup>8</sup>

**OPIOID ADDICTION IS TREATABLE.** Methadone, buprenorphine, and naltrexone are medications that are FDA-approved to treat opioid use disorder. For more information, visit <https://www.drugabuse.gov/publications/research-reports/medications-to-treat-opioid-addiction/efficacy-medications-opioid-use-disorder>.

## ? Q&A

**Q. MY DOCTOR PRESCRIBED ME OPIOIDS. DOESN'T THAT MEAN THEY'RE SAFE?**

**A.** Prescription opioids—when used long term or incorrectly—can cause the brain to become reliant on the drug and are addictive.<sup>9</sup>

**Q. IF I USE OPIOIDS, WILL I BECOME ADDICTED?**

**A.** Prescription opioids can cause physical dependence when used as directed or addiction if misused; illegal opioids such as heroin are also highly addictive. People who regularly use prescription opioids or heroin often develop tolerance, which means that they need higher and/or more frequent doses of the drug to get the desired effects.<sup>10</sup>

### THE BOTTOM LINE:

Many people are prescribed opioids out of medical necessity, but opioids can still be dangerous and addictive. Even if someone is prescribed one of these medications—such as hydrocodone, oxycodone, and morphine—misuse of these substances is rampant. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust if you have questions.

### LEARN MORE:

Get the latest information on how drugs affect the brain and body at [teens.drugabuse.gov](https://teens.drugabuse.gov).

### TO LEARN MORE ABOUT OPIOIDS, CONTACT:

**SAMHSA**  
**1-877-SAMHSA-7 (1-877-726-4727)**  
(English and Español)

**TTY 1-800-487-4889**  
**[www.samhsa.gov](https://www.samhsa.gov)**  
**[store.samhsa.gov](https://store.samhsa.gov)**



**SAMHSA**  
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# BEFORE YOU RISK IT!

- 1** **KNOW THE LAW.** Heroin is illegal and addictive.<sup>11</sup> If you are caught with prescription opioids that are not yours, you can be imprisoned, fined, or both.<sup>12</sup>
- 2** **KNOW THE RISKS.** Using opioids repeatedly can lead to higher tolerance.<sup>13</sup> Other risks include addiction and overdose death.
- 3** **LOOK AROUND YOU.** A recent study found that 38.5 percent of the people who misused prescription pain relievers got them from a friend or relative for free; 34.6 percent were prescribed the medication by one doctor.<sup>14</sup>



## KNOW THE SIGNS

How can you tell if a friend is using opioids?

Side effects of opioid use include:<sup>15</sup>

- **Constipation, nausea, vomiting, and dry mouth;**
- **Sleepiness and dizziness;**
- **Confusion;**
- **Decreased breathing; and**
- **Itching and sweating.**

Behavioral signs and symptoms of opioid addiction include:<sup>16</sup>

- **A change in peer group;**
- **Carelessness with grooming;**
- **Decline in academic performance;**
- **Missing classes or skipping school;**
- **Loss of interest in favorite activities;**
- **Changes in eating or sleeping habits; and**
- **Deteriorating relationships with family and friends.**



## WHAT CAN YOU DO TO HELP SOMEONE WHO IS USING OPIOIDS?

### BE A FRIEND. SAVE A LIFE.

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<sup>1</sup> National Institute on Drug Abuse. (2018). Opioids. Retrieved from <https://www.drugabuse.gov/drugs-abuse/opioids>

<sup>2</sup> National Institute on Drug Abuse. (2018). Misuse of Prescription Drugs. Retrieved from <https://www.drugabuse.gov/publications/research-reports/misuse-prescription-drugs/which-classes-prescription-drugs-are-commonly-misused>

<sup>3</sup> U.S. Department of Health and Human Services. (2014). The Facts About Buprenorphine. Retrieved from <https://store.samhsa.gov/system/files/sma14-4442.pdf>

<sup>4</sup> Jones, C. M., Paulozzi, L. J., & Mack, K. A. (2014). Alcohol involvement in opioid pain reliever and benzodiazepine drug abuse-related emergency department visits and drug-related deaths - United States, 2010. *Morbidity and Mortality Weekly Report*, 63(40), 881-885. Retrieved from <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6340a1.htm>

<sup>5</sup> Center for Behavioral Health Statistics and Quality. (2017). Medications for Opioid Use Disorder. Retrieved from <https://store.samhsa.gov/system/files/sma18-5063pt2.pdf>

<sup>6</sup> National Institute on Drug Abuse. (2018). Prescription opioids and heroin. *Research Report Series*. Retrieved from <https://www.drugabuse.gov/publications/research-reports/relationship-between-prescription-drug-heroin-abuse/prescription-opioid-use-risk-factor-heroin-use>

<sup>7</sup> National Center for Health Statistics (NCHS). (2018). Provisional Drug Overdose Death Counts. Retrieved from <https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>

<sup>8</sup> National Institute on Drug Abuse. (2018). Opioid Overdose Crisis. Retrieved from <https://www.drugabuse.gov/drugs-abuse/opioids>

<sup>9</sup> National Institute on Drug Abuse. (2018). What is heroin? *Drug Facts*. Retrieved from <https://www.drugabuse.gov/publications/drugfacts/heroin>

<sup>10</sup> U.S. Department of Justice & Drug Enforcement Administration. (2015). *Drugs of abuse: A DEA resource guide*. Retrieved from [https://www.dea.gov/pr/multimedia-library/publications/drug\\_of\\_abuse.pdf](https://www.dea.gov/pr/multimedia-library/publications/drug_of_abuse.pdf)

<sup>11</sup> Addiction.com. (2015). Before You Share That Pain Medication. Retrieved from <https://www.addiction.com/12040/before-you-share-that-pain-medication/>

<sup>12</sup> Substance Abuse and Mental Health Services Administration (SAMHSA). (2016). Opioids. Retrieved from <https://www.samhsa.gov/atod/opioids>

<sup>13</sup> Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health*. Retrieved from <https://www.samhsa.gov/data/report/2017-nsduh-annual-national-report>

<sup>14</sup> Centers for Disease Control and Prevention. (2017). Opioid Overdose. Retrieved from <https://www.cdc.gov/drugoverdose/opioids/prescribed.html>

<sup>15</sup> National Institute on Drug Abuse. (2014). *Principles of adolescent substance use disorder treatment: A research-based guide*. Retrieved from <https://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/frequently-asked-questions/what-are-signs-drug-use-in-adolescents-what-role-can-parents-play-in-getting-treatment>

## MORE INFORMATION



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