I thought Juuls were safe?
You wouldn’t be alone, 60% of teens think that. The long-term dangers of inhaling vapor are mostly unknown, but, we do know that you can find cancer-causing chemicals in vapor.

What can happen if I smoke Juuls?
Teens who have Juuled in the past month are twice as likely to develop “smokers cough.” This is one of the earliest signs of permanent lung damage in cigarette smokers. Chemicals found in Juul vapor can also lead to “popcorn lungs.”

But there’s no tobacco in Juuls...
There may not be tobacco, but the same addictive chemical found in tobacco called Nicotine is found in Juuls. At times, vaping can lead to even higher levels of Nicotine than smoking cigarettes. Since your brain continues growing until you are 25, you can become addicted to nicotine faster than adults.

Isn’t smoking Juuls healthier than smoking cigarettes?
We don’t know the answer to this yet, but we do know that teens who vape are almost 4 times more likely to start smoking cigarettes.

My friend told me that nobody can prove that they aren’t safe...
That is because these products are new and haven’t been studied for a long enough time yet. Back when cigarettes were new nobody could prove how dangerous they were either, don’t make the same mistake as your grandparents!

With all the different flavors, aren’t they meant for us?
Don’t let the companies trick you, into thinking that! Some of the sweeter flavors that appeal to teens have even been found to cause additional harm.

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