



PENS

MYTHS & REALITIES

MYTH: Vape pens produce a harmless water vapor.

REALITY: Vape pens produce an aerosol that can **contain nicotine, toxins, and other harmful chemicals known to cause cancer.** These chemicals and toxins include things like Formaldehyde Lead, and Nickel.^{1,2}

MYTH: Vape pens are not addictive.

REALITY: Nicotine is one of the main ingredients in vape pens and is a highly addictive poison.³ **Youth who vape are 4x more likely to start smoking cigarettes than teens that don't vape.**⁴ Pens that contain THC wax are also addictive. Young people who begin using marijuana before the age of 18 are up to 7x more likely than adults to become addicted.⁵

MYTH: It is safer to use a pen to vape THC than to smoke marijuana.

REALITY: Using a pen to vaporize marijuana can lead to **toxic levels of ammonia being released in the vapor.** Ammonia is also commonly found in cigarettes. This can cause lung irritation, asthma attacks, and impact your nervous system.⁶

MYTH: Recreational use of a vape pen is safe and not addictive.

REALITY: Any exposure to nicotine and THC can be dangerous for a young person's brain development. Nicotine use negatively impacts learning, memory, and attention.⁷ THC use has been linked to lower IQ scores, poor memory and attention, and decreased brain connections.⁸ **Recreational use is not daily use! Even occasional use of a vape pen can lead to an increased risk for long-term nicotine and THC addiction.**⁹

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This material was made possible by funds received from the California Department of Public Health, under contract #14-10013.

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