



15 Things Parents Should Know **About Juuling**

1. Juuls are a popular style Electronic Nicotine Delivery System (ENDS).
2. They are small and feature a sleek, modern design that **resembles a USB flash drive**.
3. Juuls **design is discreet - easy for kids to hide** and use anywhere. Unlike cigarettes, they do not produce an offensive odor.
4. All Juul products **contain nicotine**. Nicotine is highly **addictive**.
5. The human brain continues to develop until about age 25. Nicotine **affects the brain**. Youth exposure can lead to **mood disorders & lower impulse control**.
6. Teens learn faster than adults do, this includes addictive behaviors.
7. Juuls use **pods**, which hold e-liquid that is **heated** into an **aerosol**.
8. When using a Juul, aerosol is intentionally inhaled into the lungs; this could lead to **lung damage**.
9. Pods come in a variety of **flavors**, many of which taste sweet like mango or fruit medley, but remember all Juul pods contain nicotine; flavors can mask the harshness of nicotine.
10. Juuls use nicotine salts, which may create a stronger buzz without the burn.
→ easier for new users.
11. Juuls are **heavily marketed** and promoted via social media – You Tube, Snapchat, Instagram.
12. It is **illegal** to purchase Juul products in MD **under age 18**. They can be purchased in stores and online. They are **not** intended to be used by youth.
13. Children and teens should **breathe clean air** – no smoke, vapors, aerosols, flavors or other chemicals.
14. Studies show youth who use Juuls are more likely to engage in other risky behaviors such as smoking cigarettes or marijuana, drinking alcohol, or abusing prescription drugs.
15. Since Juuls are new, many **long-term health effects are not known**.