

Smart Vapes: What Every Teen Should Know

What are smart vapes?

- ▶ Bluetooth-enabled e-cigarettes that connect to smartphone apps.
- ▶ These apps track usage, send reminders to vape and use game-like features like streaks and goals - just like Snapchat or fitness apps.
- ▶ Designed to hook young users quickly and are often marketed like trendy gadgets, not harmful devices.

Why are they dangerous?

- ▶ High nicotine content: Increases addiction, especially for developing brains (brain development ends around age 25).
- ▶ Increased risk of mental health issues like anxiety and depression.
- ▶ Harmful chemicals: Synthetic nicotine and other unregulated substances.

What teens often don't realize.

- ▶ Many users don't notice their addiction until they feel withdrawal symptoms.
- ▶ Long-term effects are still unknown.
- ▶ Iowa schools are struggling to keep up with fast-changing vape technology.

What you can do.

- ▶ Talk to friends: Start open, non-judgmental conversations.
- ▶ Speak up at school: Encourage your school to update policies to include smart vapes.
- ▶ Share resources: Let friends know about free help.

Need help quitting? Text or chat *My Life, My Quit*

- ▶ 100% free, confidential and made for teens.
- ▶ Text "Start My Quit" to 36072.
- ▶ Visit: mylifemyquit.com

You have the power to protect your health and help your friends.

For more information, visit: hhs.iowa.gov/istep