

Parent Alert: Juuling



Juuling and vaping is not safe.

Like other vape products, Juuling is unsafe. Vape products create an aerosol (not water vapor) consisting of a mix of chemicals and sometimes heavy metals. Some examples found in vape aerosols include:

- Propylene glycol (antifreeze)
 - * Formaldehyde
 - * Cadmium
 - * Chromium
 - * Lead
 - * Manganese
 - * Nickel

In addition, a legal warning on the Juul website notes, "This product contains chemicals known to the state of California to cause cancer and birth defects or other reproductive harm." In addition, their website notes, "No tobacco or e-liquid product should ever be considered 'safe,' and, 'Inhalation of e-vapor may aggravate existing respiratory conditions. If you do not currently use nicotine-containing products, we recommend that you do not start.'"

Juuls contain nicotine.

Like many other vape juices, Juuls contain nicotine. Nicotine is an addictive substance. Each JUULpod contains 0.7mL with 5% nicotine by weight, approximately equivalent to 1 pack of cigarettes or 200 puffs.

Juuls use nicotine salt.

Nicotine salts are thought to provide quicker nicotine fixes as they are believed to be absorbed into the blood better as opposed to free base nicotine.



A Juul is the brand name of a higher-end vape pen. "Juuling" is the term used for vaping with this device. The Juul device is extremely discreet and looks similar to a computer flash drive, and it is charged using a USB port. The discreet design is appealing to youth. Skins, decorations, and even fidget spinner attachments can be added to customize the Juul. Like other vaping products, Juuls are sold in stores and online. **In North Reading, vape products cannot be sold to anyone under the age of 21.** This regulation includes devices, vape juice, and vape juice pods. Online, most products can be purchased by youth using pre-paid gift cards.



JuulPods are typically flavored. Each one contains the nicotine equivalent as one pack of cigarettes.

How to talk to your teen:

- Remind them that most teens do not use.
- Educate them to know the dangers of vaping and Juuling.
- If your child is using these products, speak to a doctor to learn about safe ways to treat nicotine addiction.