



**community
human services**
hope. help. here.

Supporting Our Youth

Start the conversation.
Know the facts.
Be patient and ready to listen. Set a positive example by being tobacco-free.
Ask for local interventions.

Teen Exposure to e-cigarettes

According to the National Institute of Health, **7 in 10 teens are exposed to e-cigarette advertising including retail ads, internet ads, television ads, movie ads, newspaper and magazine ads (2016).**

Vaping THC Oils and Wax

Youth sometimes use e-devices to smoke THC oils and wax, which come from the marijuana plant, also known as cannabis sativa. THC is psychoactive and may change or alter thinking and the brain. It can also cause short-term memory loss and impair motor skills. THC is addictive. It may even lower IQ.

E-Cigarette Use Among Youth

“In 2015, more than 3 million youth in middle and high school, including about 1 of every 6 high school students, used e-cigarettes in the past month. More than a quarter of youth in middle and high school have tried e-cigarettes.”
- U.S. Department of Health and Human Services, 2016

What Are E- Cigarettes?

E-cigarettes are battery-operated devices designed to deliver nicotine, flavorings and other chemicals in the form of an aerosol that users inhale (U.S. Department of Health and Human Services, 2016).

Past Month Use	8 th Graders	10 th Graders	12 th Graders
Any Vaping	6.6 %	13.1 %	16.6 %
Vaping Nicotine	3.5 %	8.2 %	11.0 %
Vaping Marijuana	1.6 %	4.3 %	4.9 %
Vaping “Just Flavoring”	5.3 %	9.2 %	9.7 %

Source: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services.

Commonly Used Drugs Among Adolescents

“Alcohol and tobacco are the drugs most commonly abused by adolescents, followed by marijuana. Adolescents also favor inhalant substances (such as breathing the fumes of household cleaners, glues, or pens).”
Others commonly used drugs include:

- Prescription medications, particularly opioid pain relievers like Vicodin® and stimulants like Adderall®.
- Prescription and over-the-counter medications account for a majority of the drugs most commonly abused by high-school seniors.
- Xanax is the tranquilizer drug most commonly used by 12th graders, according to the National Institute on

Salinas HS	831.796.7400	Alisal HS	831.796.7600
North Salinas HS	831.796.7500	Mount Toro HS	831.796.7700
Everett Alvarez HS	831.796.7800	El Puente HS	831.796.6900
Chalone Peaks MS	831.385.4400		

