

Know the Risks: A Youth Guide to E-cigarettes

INFORMATION FOR USERS

Purpose: CDC’s Office on Smoking and Health (OSH) developed a presentation called, “Know the Risks: A Youth Guide to E-cigarettes,” to educate youth on e-cigarettes, including the health risks, the factors that lead to e-cigarette use, and what youth can do to avoid all tobacco products, including e-cigarettes.

URL: The presentation is available on OSH’s [website](#).

Length: The presentation will take approximately 45 minutes to deliver.

Target Age Group: Youth ages 11-18

Intended Presenter(s): The presentation is intended to be delivered by adults who educate or serve youth ages 11-18. This could include teachers, coaches, Parent Teacher Associations, youth ministry leaders, etc.

Format: The presentation includes the entire script so the presenter does not need additional information to deliver the presentation. If you have props available to make it hands-on and interactive, consider the following:

- An e-cigarette such as a rechargeable e-cigarette, large tank device, medium tank device, or a disposable e-cigarette
- Fake Brain
- E-cigarette refillable liquid

Qs & As:

Can I modify these slides?

No. The content contained within individual slides should not be modified.

Can I add or delete slides?

Yes. However, CDC is neither responsible for, nor does it endorse, any added slides.

Do I need to be an expert on e-cigarettes to deliver the presentation?

No, the presentation was developed so that any adult who educates or serves youth ages 11-18 can deliver the presentation without prior knowledge of e-cigarettes. Since you are serving youth directly, CDC OSH has provided you the content you need to educate youth on the risks of e-cigarettes.

Where can I find more information on e-cigarettes and youth?

- [Quick Facts on the risks of e-cigarettes for kids teens, and young adults](#)
- [Know the Risks](#)
- Teen.smokefree.gov

Does CDC have a presentation on e-cigarettes for adults?

CDC OSH is working on a companion presentation on e-cigarettes that is intended for presentation to adults. Currently, we have information about e-cigarettes on our [website](#)

Do I need to have internet access to deliver the presentation?

You can download the presentation and save it on your computer from CDC OSH’s [website](#).

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There is a link to a 30-second video developed by FDA's The Real Cost Youth E-cigarette prevention campaign on slide 21. It is optional to show this video depending on whether you have internet access. YouTube Video Link: <https://www.youtube.com/watch?v=zYuyS1Oq8gY>

What is "The Real Cost?" Since its launch in 2014, "The Real Cost" has been a trusted and reliable source for teens to learn about the dangers of tobacco use. Since teens are difficult to talk to, the brand was built specifically for teens by ensuring that the tone and voice of its messages are highly relevant for them. "The Real Cost" does not speak to teens in an authoritative way. It never tells teens what to do, and it does not shame or judge teens, but instead, "The Real Cost" provides teens with tobacco facts and knowledge to empower teens so they can make the right decisions.

Whom can I contact at CDC if I have any questions about the presentation?

Please email the OSH Speakers Bureau at: oshspeakersbureau@cdc.gov if you have any questions. This email inbox is monitored regularly.