



## Texas 4-H Youth Development Healthy Lifestyles Invitational

### Electronic (E-cig) Study Resources

The use of electronic cigarettes continues to rise, but are they safe? Do you know the facts? The web pages below are the official Healthy Lifestyle Invitational contest study resources. Classes will be developed based on information from these pages.

Electronic Cigarettes and Young People

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)

About Electronic Cigarettes

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/about-e-cigarettes.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html)

E-Cigarettes and Vape Pens: Units 1 – 6

<https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>