

Facts about Teens and Smoking from the [American Lung Association](#):

- Virtually all (94 percent) of adult smokers had their first cigarette before turning 21, and most (81 percent) before age 18.
- Smokers aged 18 and 19 years old are often a supplier for younger kids who rely on friends, classmates and peers to buy tobacco products.
- The tobacco industry ***targets young people*** at a critical time when many move from experimenting with tobacco to regular smoking.
- A national sales age of 21 for alcohol sales resulted in reduced alcohol consumption among youth, decreased alcohol dependence and has led to a dramatic reduction in drunk driving fatalities. It's predicted that raising the national sales age for tobacco products will have similar effects.

Helpful resources for parents (click the title or image for more info):

[Alabama Department of Public Health: Vapes and E-Cigs](#)

[UAB News You Can Use: Vaping, e-cigarettes, JUULing: what parents, teens need to know](#)

[Vaping: Dangerous, Available & Addicting](#)

[Vaping Devices \(Electronic Cigarettes\)](#)

