

# NICOTINE MORE HARMFUL THAN YOU THINK

## NO AMOUNT IS SAFE FOR YOUTH

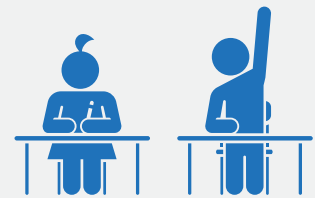
It's highly addictive.



It harms the health of unborn children.



It can harm adolescent brain development.



## MORE KIDS ARE USING E-CIGARETTES

Among Minnesota students, e-cigarette use is now more than double cigarette use.

Nearly all e-cigarettes contain nicotine.

Minnesota's 11th Graders

17.1%

Use e-cigarettes

8.4%

Use cigarettes

## TAKE STEPS TO PROTECT YOUTH



Know the facts about nicotine.



Talk to your kids about the risks.



Learn more online at [health.mn.gov/nicotine](http://health.mn.gov/nicotine).