

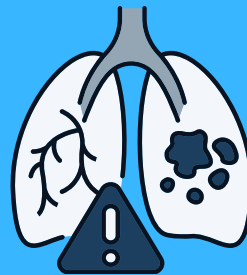
Vaping



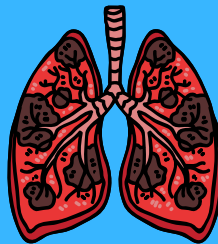
Vapes are full of chemicals



Vaping can cause permanent lung damage



Vapes and Cigarettes are BOTH harmful





Vaping Among Teens

- 1 in 10 high school students currently vape
- 25% of teens use e-cigarettes daily
- Vaping is now the most common form of tobacco use in youth



What's in a Vape?

- Nicotine – highly addictive
- Propylene Glycol – irritates lungs
- Formaldehyde – used in embalming
- Heavy Metals – like lead and nickel
- Diacetyl – linked to serious lung disease

You never know exactly what's inside a vape. Some have even been found to contain fentanyl.



What is EVALI?

E-cigarette or Vaping-Associated Lung Injury

Symptoms:

- Coughing
- Chest pain
- Shortness of breath



Lung scans of those with EVALI show severe inflammation and damage.



How Nicotine Affects Your Body

- Disrupts dopamine (your brain's reward system)
- Increases blood pressure
- Can lead to:
 - Lung disease
 - Kidney disease
 - Liver cancer
 - Diabetes
 - Appetite changes



Vaping Myths – BUSTED

Myth: “Vaping is safer than smoking”

→ Reality: Vaping still exposes you to toxic chemicals.

Myth: “It doesn't have much nicotine”

→ Reality: Most vapes, even “light” ones, contain a lot of nicotine.

Myth: “Secondhand vape smoke is harmless”

→ Reality: It can harm bystanders, especially kids and those with health conditions.



Stay Safe

- Don't vape. Your lungs and brain are still developing.
- Be aware that peer pressure and flavored marketing target young users.
- Help friends quit—support each other in staying healthy.