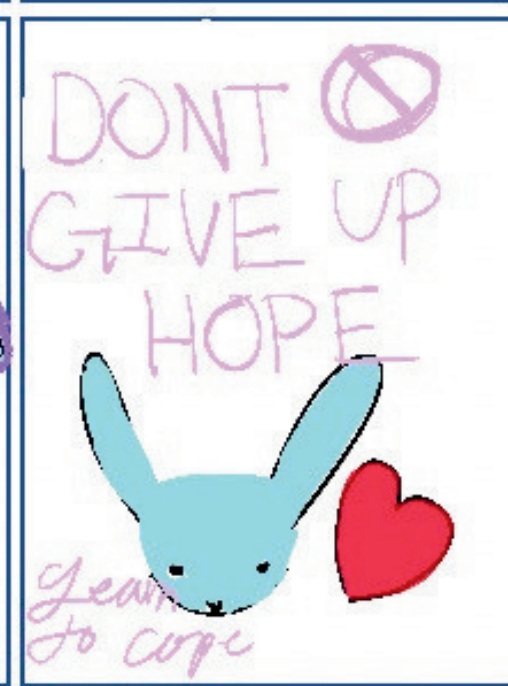
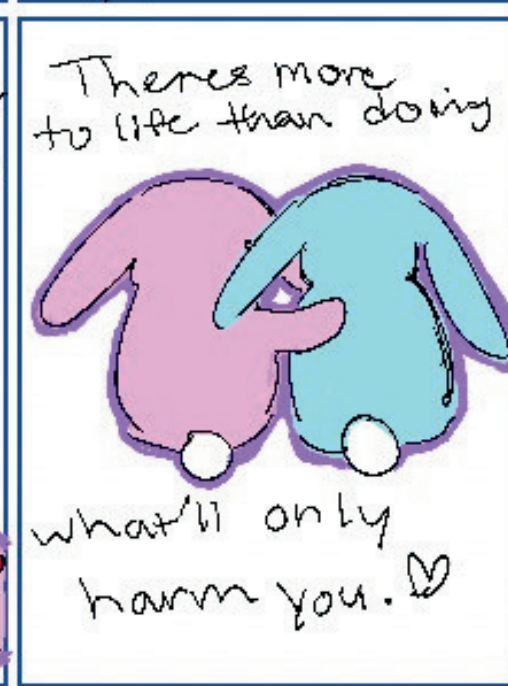
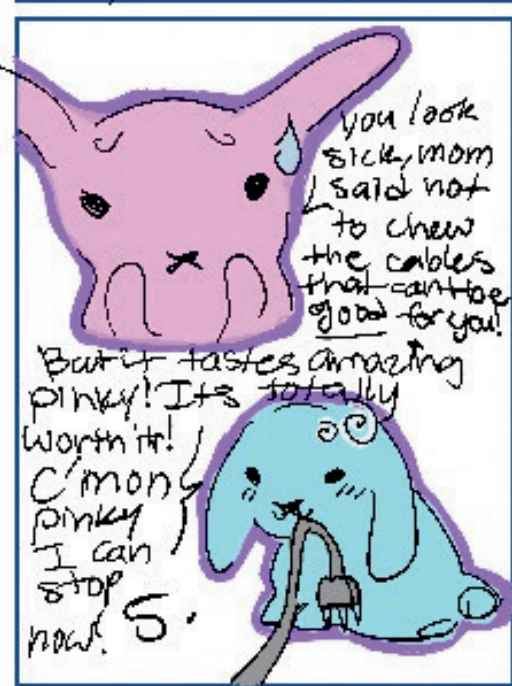
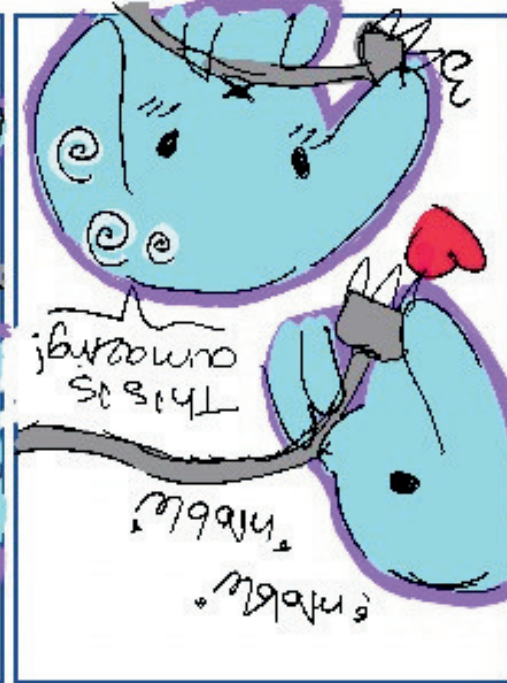
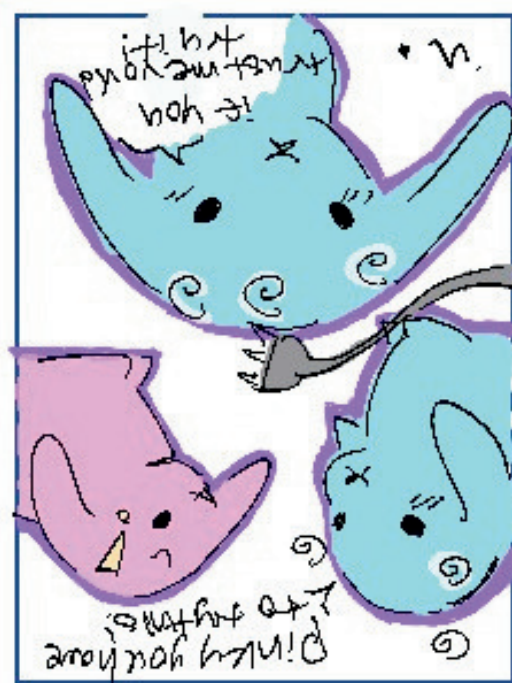






After the day you
decide to quit, things
will feel the same
not much will change.

You question yourself
about a lot of things

After a few days,
You would have gone
through many days you
felt compelled

After a few months
of pushing through,
things will try
to feel different?

- You get closer
with family/friends
- You start liking
like a little more
You start noticing
little things that
bring you joy

YOU'VE ONLY SCRATCHED THE SURFACE

1 Things they don't
tell you
about
quitting

By: benedick. n

Now you know,
it's up to you...

Now said that
quitting vaping will
be easy...

Life becomes
a little sweet like
lemonade

After many months
or even years! 
You start to realize that
you really did it!
Life starts to feel
more full in a
way...



RESOURCE THAT CAN BE HELPFUL!

- SMOKEFREETXT FOR TEENS
- THE TRUTH INITIATIVE'S THIS IS QUITTING
- THE CENTER FOR DISEASE CONTROL AND PREVENTION (CDC)

CHOOSING YOUR HEALTH

WHAT'S A VAPE? & WHAT DOES IT HAVE INSIDE?

AN E-CIGARETTE OR KNOW AS A VAPE IS A DEVICE THAT HEATS A LIQUID INTO AN AEROSOL THAT PEOPLE INHALE.

SOME STUFF THAT ARE INSIDE A VAPE ARE. BATTERY, HEATING COIL, WICK AND CIRCUIT BOARD AND SENSOR

WHO VAPES THE MOST ?

THE PEOPLE THAT MOST VAPE ARE YOUNG ADULTS. AROUND THE AGE OF 18-24 YEARS OLD

THE SECOND GROUP OF PEOPLE TO VAPE ARE TEENAGERS. MIDDLE AND HIGH SCHOOL STUDENTS.

WHERE DO PEOPLE GET VAPES FROM?

PEOPLE UNDER 21 GET THEIR VAPES FROM FAMILY MEMBERS OR SOCIAL MEDIA RETAILERS.

PEOPLE OVER 21 OR OLDER GETS THEM IN VAPES SHOPS OR CONVENIENCE STORES.

WHY DO PEOPLE VAPES?

PEOPLE VAPE BECAUSE CURIOSITY, PEER INFLUENCE, NICOTINE ADDICTION OR EVEN STRESS.

FOR YOUNG PEOPLE THIS ARE THE BIGGEST REASON WHY THEY START VAPING IT WOULD BE HARD TO QUIT.

THINGS THAT VAPES DO TO YOUR BODY!

VAPES CAN CAUSE DAMAGE TO TEENS BRAIN. NICOTINE CAN CHANGE THE WAY A TEENAGER BRAINS DEVELOP, MAKING IT HARDER TO CONCENTRATE, LEARN, AND CONTROL IMPULSES

HOW CAN YOU QUIT VAPING?

TELL SOMEONE THAT YOU TRUST. FRIENDS, FAMILY, OR A TEACHER. ENCOURAGE YOU AND HELP KEEP YOU ACCOUNTABLE.

FIND HEALTHY REPLACEMENT. CHEW SUGAR -FREE GUM, DRINK WATER, TAKE A WALK. EXERCISE, OR KEEP YOUR HANDS BUSY WITH A STRESS BALL OR FIDGET TOY.

마음이 유쾌하다
유쾌함 미소

The Marketing tricks

Expectations	Reality
• Vaping is safer than cigarettes	• Most teens don't vape
• Vaping is easy to quit	• Vaping is extremely addictive

4

Why it's harmful

The use of nicotine leads to addiction

- Young brains are still developing and growing
- Addiction makes it difficult to quit.



3

Branding & Marketing

- Companies use bright and colorful packaging to appeal to younger audiences
- Sweet flavors
- Online, people praise Vaping, making it look "cool" or "rebellious"



2

What is a vape?

- A vape is a device that heats liquid into a gas meant to be inhaled
- They contain nicotine, a highly addictive chemical
- Many look like pens, USB drives, or other colorful gadgets and devices



1

How to beat it

- Think before buying: "who really benefits from buying vapes?"
- Know how marketing targets people
- Decide if it's really worth it



5

Easy ways to say NO

- Make your own decisions
- Do not let others influence you
- Remember the ways vapes harm you



6

You make the choice.

Vaping is a trap, not a trend.

Always choose your health, not their wealth.

♥ > \$



THE VAPE TRAP



By: Jayden Mendoza

Why is this wrong?

#1 Example

Being a safe
space for your kids and
an example changes the
way they think and the
decisions they make.

A lot of times
you may feel as if
what you say is being
ignored, but what you
say matters and it affects
the choices made.

Why does this matter?

Have you ever
been in an awkward
conversation with your
teen?

#2 Example

Quack?

Quack,
quack. Quack
quack?

Quack
quack.

What makes this correct?

In this example we see a calm reaction, while that may be difficult to achieve, it drastically changes the outcome of the situation.

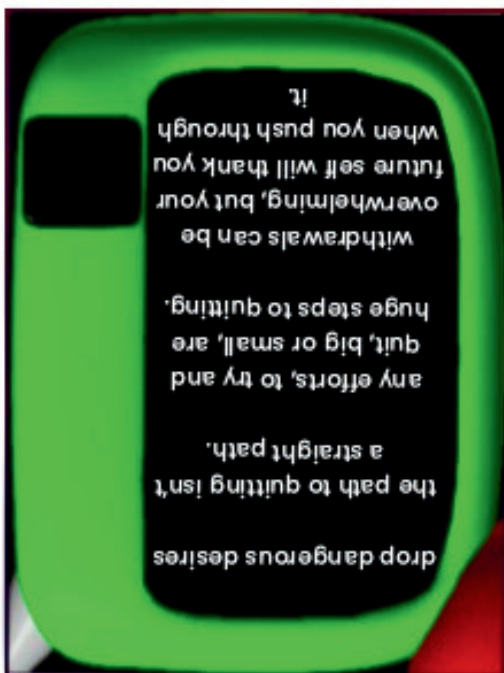
This allows a chance for connection. You're able to figure out your kid's feelings and what they're doing. Don't wait to confront, talk with your kids, eat with them, and spend time with them.

Always
remember
proper
communication
is key.

Choose
their
health!

Beyond
the Smoke:
A parents Guide
to a Vaping
Conversation

Written by: Jocelyn



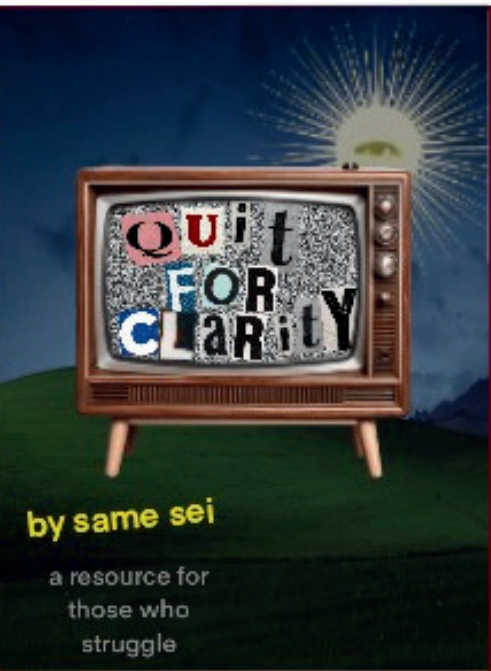
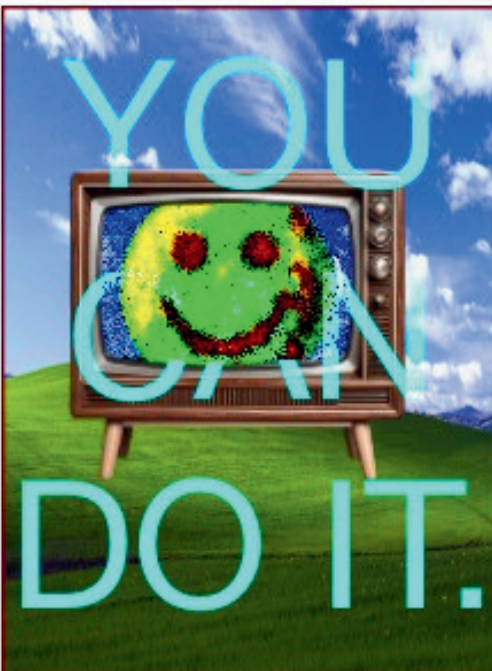
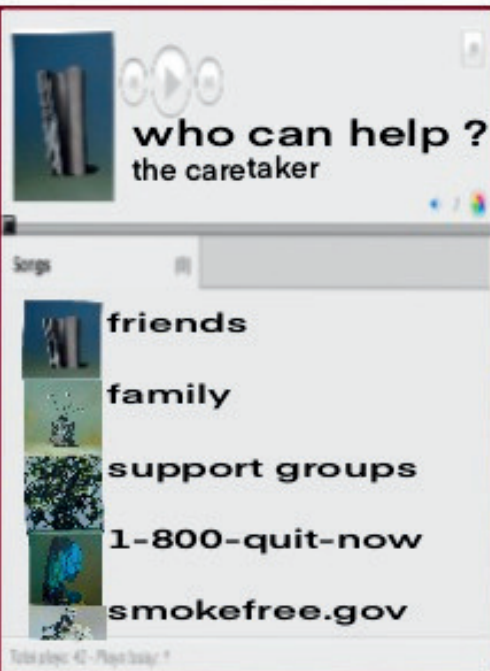
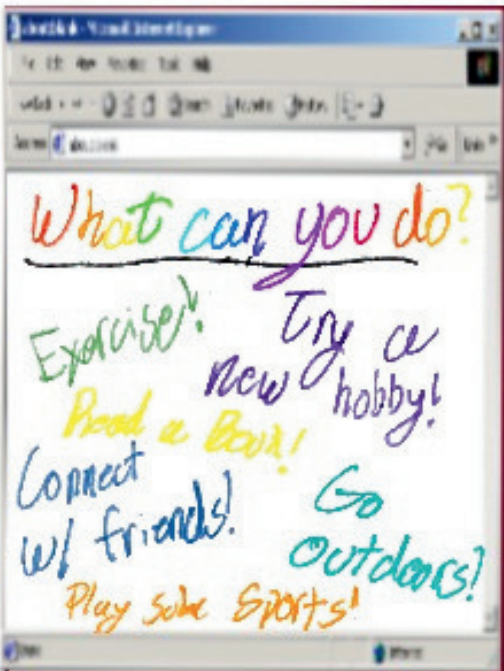
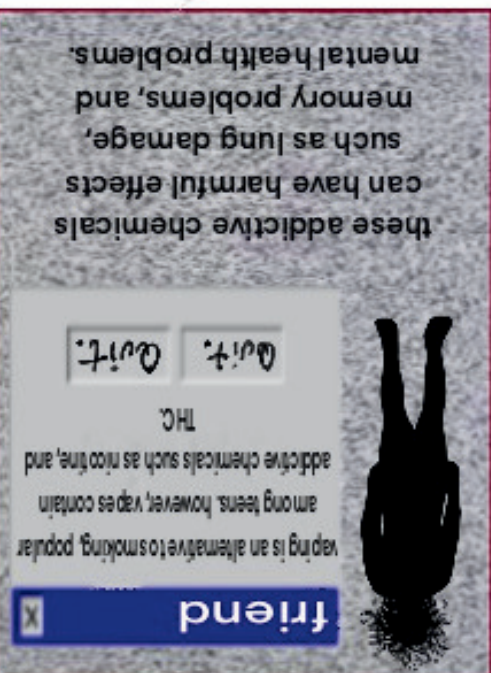
UNDERSTAND YOUR URGE

why do you vape?
why are you addicted?
does vaping fill in something
you're missing?
are there no other things you
could do that could fill in that
missing piece?



56% Complete

around 100 million people worldwide
struggle with vape addiction including 15
million adolescents,
and as much as two thirds of those
adolescents who struggle with vape
addiction show interest in quitting, but the
process of quitting is a brutal battle.
even if it may seem like you have
nobody, someone will always support
you wanting to quit a harmful habit.
true friends will always have your
back.



VAPING
INCREASES
ANXIETY
4 & 5
TIPS
IS 74~

VAPE MAKERS
ATTRACT KIDS
WITH
FLAVORS
AND
FUN-LOOKING
VAPING
DEVICES!

THEY \$
\$ WANT
\$ YOUR \$
AND DON'T
CARE ABOUT
\$ YOU! \$

VAPES ARE
FULL OF
TOXIC METALS
SUCH AS NICKEL,
LEAD, AND
CHROMIUM
GROSS! CHROMIUM GROSS!

Pss...
**CHOOSE
YOUR
WEALTH...**
(NOT THEIR
WEALTH)

FOR EXAMPLE,
VAPES ARE
NOT
"JUST
VAPOR"

**V
A
P
E
S**
(THE
REAL
STORY)
DUN, DUN,
DUUNN!

THERE'S A LOT OF
MIS INFORMATION
OUT THERE
ABOUT
TEEN VAPING
?????