



YOUR GUIDE TO UNDERSTANDING VAPING

WHAT IS NICOTINE?

- Nicotine is a toxic and poisonous oily liquid extracted from tobacco, often used in insecticides.
- The “e-juice” that fills e-cigarette cartridges contain nicotine, propylene glycol (an alcohol used in antifreeze), flavorings, and other dangerous chemicals.

NICOTINE & VAPES

- A CDC study found that 99% of vapes have nicotine. “Nicotine free” vapes still contain nicotine.
- 1 vape has as much nicotine as 20 cigarettes.
- A single puff from an Elf Bar delivers around 1-2mg of nicotine, the same amount as one cigarette.

DANGERS OF VAPING

E-cigarette aerosol is NOT harmless “water vapor.” It can contain toxic substances and chemicals like:

- Acetaldehyde, Acrolein, and Formaldehyde, which can cause lung disease, and heart disease
- Benzene, a cancer causing agent that is found in car exhausts
- Heavy metals such as lead that can lead to neurological problems and respiratory diseases.

RESOURCES TO QUIT

- **Free from Tobacco Program:** Call 804-482-8018
 - Support groups, one on one coaching, compassionate and non-judgmental peer coaches
- **Vape Free VA:** Visit VapeFreeVA.org
 - Coaches trained for teens, supportive text messages for quitting nicotine and vaping
- **Quit Now Virginia:** Visit QuitNowVirginia.org
 - Free 24/7; Call 1-800-QUIT NOW (English) or 1-800-DEJELLO-YA (Spanish)

MYTH OR FACT?

Flavored vapes are safer than those without flavors.

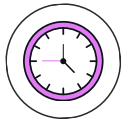
Answer: MYTH. The flavors in vapes are not safe, and studies have shown that flavored chemicals can be harmful to the lungs.

VAPING & HEALTH

- Nicotine is highly addictive and can harm brain development until age 25.
- Smoking harms nearly every organ in your body & can cause cancer, heart disease, stroke, diabetes, lung diseases, and tooth decay.
- Vaping can actually increase the risk of depression, anxiety, and mood disorders.



HEALTHY WAYS TO SPEND YOUR TIME



JOURNALING

Prompt examples:

- Reflect on a recent success or challenge. How did it make you feel? What did I learn from it? What would I want to do differently next time?
- List three things you are grateful for and why?
- What is one goal I'm working on this month? What's one thing I can do weekly to help reach my goal? What motivates me to reach my goal?

LISTENING TO MUSIC

Create playlist for different vibes, such as:

- Happy
- Sad
- Motivational
- Body positivity
- Worship
- Break-up

EXERCISE

- Youtube has free at home exercise videos you can follow along to with little to no equipment! Find a 30-min work out, yoga, pilates, or dance
- Go for a walk or jog with a buddy
- Take a bike ride
- Sign up for a summer camp that allows you to be active

DIY CRAFTS

- Work on a puzzle or build a Lego set
- Create a handmade gift for someone's next birthday
- Make jewelry
- Paint a mug or a blank set of white sneakers
- Make a collage

Learn a new skill or hobby, join a sports team, join an arts club, meditate, practice breathing exercises, explore your community, and MORE!

