



YOUR GUIDE TO UNDERSTANDING VAPING

WHAT IS NICOTINE

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

DANGERS OF VAPING

- E-cigarette aerosol is NOT harmless "water vapor" it can contain harmful substances and toxic chemicals such as:
 - 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.

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 flavor chemicals can be harmful to the lungs.

NICOTINE & VAPES

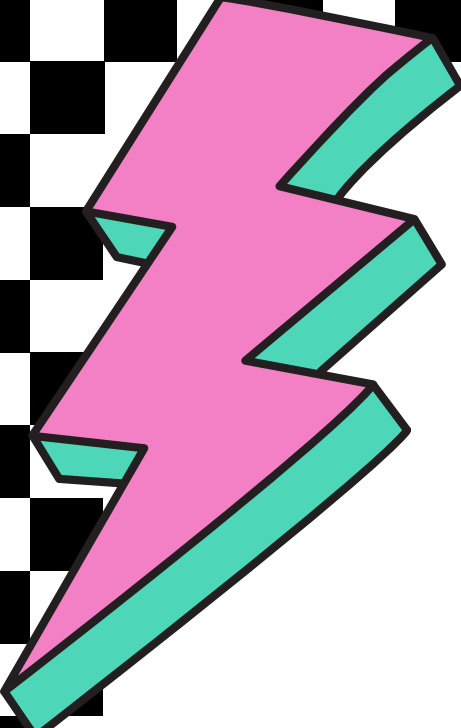
- A study by the CDC found that 99% of vapes contain nicotine & vapes labeled as nicotine free still contain nicotine
- One vape contains as much nicotine as a pack of 20 cigarettes.
- A single Elf Bar delivers around 1-2 mg of nicotine per puff, which is the same nicotine absorption from a single cigarette

VAPING & YOUR HEALTH

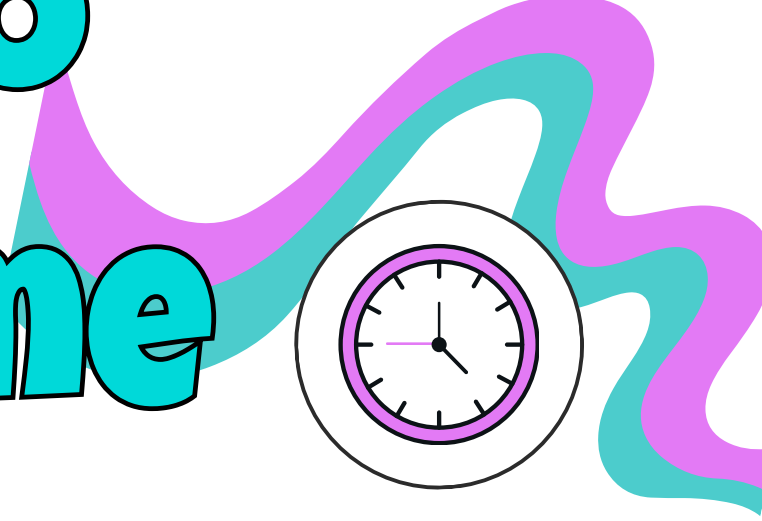
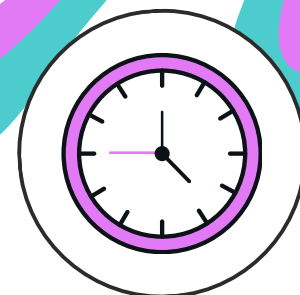
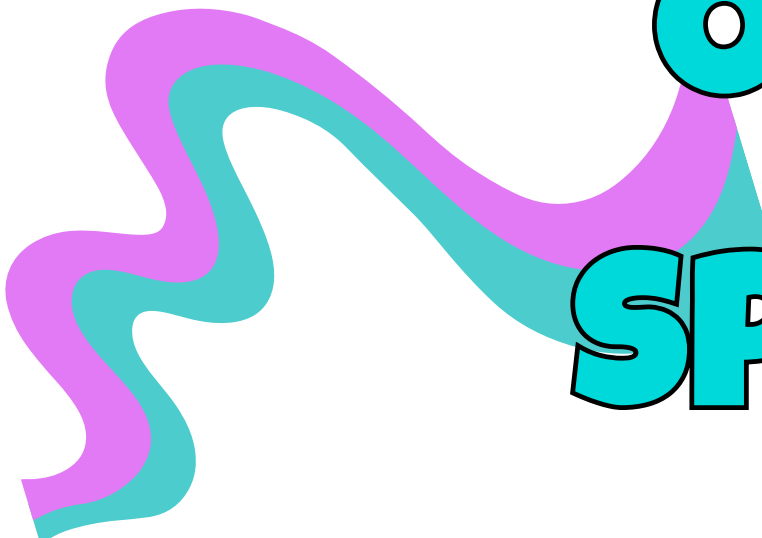
- Nicotine is highly addictive and can harm adolescent brain development, which continues until age 25
- Smoking harms nearly every organ in your body & can cause cancer, heart disease, stroke, diabetes, lung diseases, increased risk of cavities and tooth decay
- Vaping can actually increase the risk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

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 www.VapeFreeVA.org
 - Coaches trained specifically for teens, EX program-daily supportive text messages for quitting nicotine and vaping
- Quit Now Virginia | www.QuitNowVirginia.org
 - Free 24/7
 - Call 1-800-QUIT NOW (English) or 1-800-DÉJELO-YA (Spanish)



OTHER WAYS TO SPEND YOUR TIME



JOURNALING

- Prompt examples:
 1. 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?
 2. List three things you are grateful for and why?
 3. What is one goal i'm working on this month? What's one thing I can do each week to help me reach my goal? What motivates me to reach my goals?

LISTENING TO MUSIC

- Create a playlist for when you are feeling different moods/scenarios such as:
 - Happy
 - Sad
 - Need motivation
 - Need body-positivity
 - Worship
 - Break ups

EXERCISE

- Youtube has free at home exercise videos you can follow along to with little to no equipment! Follow along to 30 min work outs, yoga, pilates, and 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

- Write your own book
- Build a puzzle or lego set
- Create a handmade gift for someone's next birthday
- Make bracelets
- Paint a mug
- Paint on a blank set of white sneakers

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