

NICOTINE AFFECTS YOUR ABILITY TO LEARN AND REMEMBER

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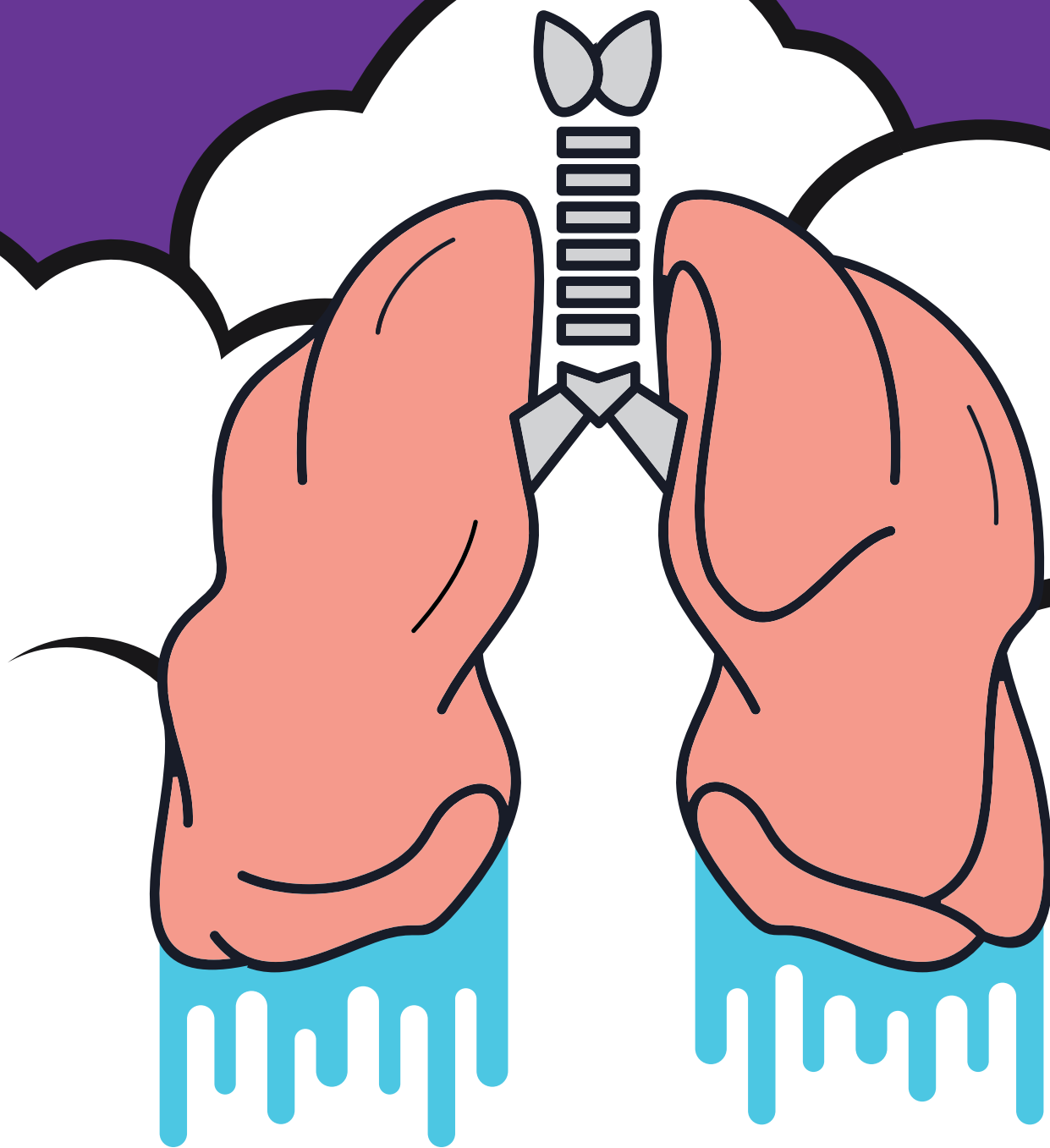
NICOTINE AFFECTS YOUR ABILITY TO LEARN AND REMEMBER

**VAPING
CAN CLOUD
YOUR
MEMORY.**

Vaping has long-term health effects.

***DON'T TREAT YOUR HEALTH
LIKE AN EXPERIMENT.***

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**IT'S NOT
JUST HARMLESS
WATER VAPOUR.**

Vaping has been linked to severe lung disease.

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WHAT THE INDUSTRY
TELLS YOU

REALITY

NICOTINE
DIACETYL
PROPYLENE
GLYCOL

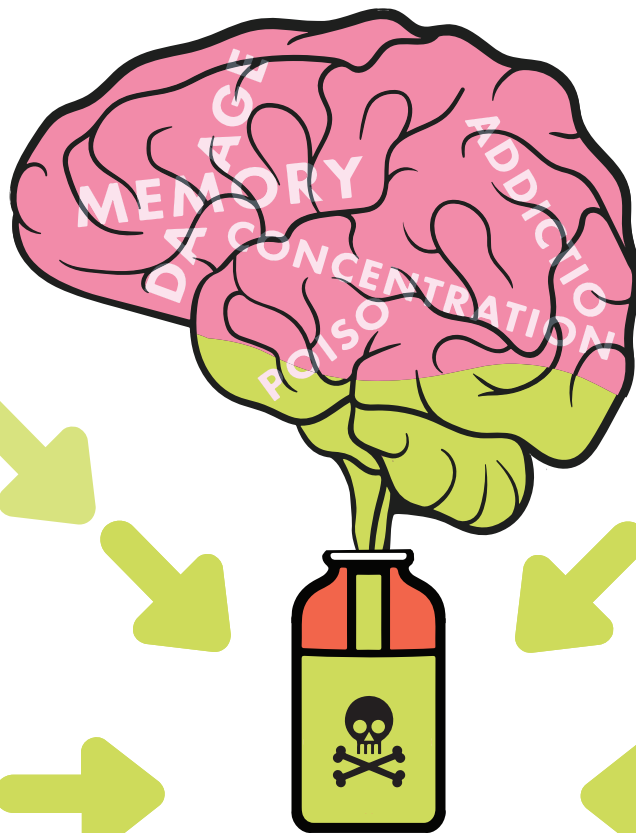
DON'T FORGET TO READ THE FINE PRINT.

Dangerous chemicals can hide behind seemingly harmless flavours.

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VAPING CAN MAKE **STRESS** WORSE.

**THE ONLY THING VAPING
GIVES IS AN
ADDICTION TO NICOTINE.**



**DON'T LET VAPING MESS
WITH YOUR MENTAL HEALTH.**

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SCAN ME

FEELING PRESSURED TO VAPE?

PRACTICING WHAT TO SAY CAN HELP!

→ → → **REFUSE THE OFFER** ← ← ←

NA, I'M GOOD!

NA, THAT STUFF ISN'T FOR ME.

→ → → **SUGGEST SOMETHING ELSE** ← ← ←

I'D RATHER GET SOMETHING TO EAT WANNA COME?

NO THANKS. HEY CHECK OUT THIS TIKTOK!

**DEAL WITH STRESS,
HANG WITH FRIENDS & HAVE FUN
WITHOUT VAPING.
FIND WAYS THAT WORK FOR YOU!**

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SCAN ME

DEALING WITH STRESS OR ANXIETY?

VAPING CAN MAKE IT WORSE

TRY THESE INSTEAD



BE MINDFUL

GET ACTIVE

LISTEN TO MUSIC

LEARN HOW VAPING AFFECTS MENTAL HEALTH.

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SCAN ME