

WALKING YOUR DOG? **THE VIBE.**

VAPING AND DAMAGING YOUR LUNGS?

NOT THE VIBE.

E-CIGARETTES AND YOUR LUNGS:

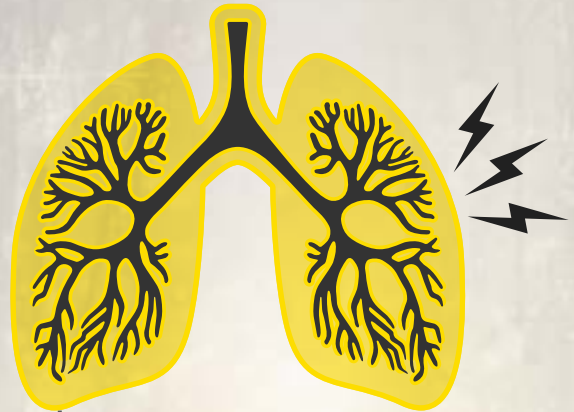
E-cigarettes irritate your lungs. The vapor causes inflammation in your airways and produces phlegm, or mucus, that gets stuck in your lungs and causes breathing problems, such as asthma. In addition to breathing problems, you put yourself at risk for bacterial infections in your lungs when you choose to vape. These infections can lead to serious diseases such as pneumonia.

Your lungs are so important to your health! Don't add this stress to them by using e-cigarettes. You want to have full function and strength for the things that matter.

E-cigarettes are never the vibe!

SOURCES:

kidshealth.org/en/teens/e-cigarettes.html
behindthehaze.com/vaping-risks



FUN FACTS ABOUT DOGS:

- They can be left-pawed or right-pawed.
- Dogs have 18 muscles controlling their ears.
- They are about as intelligent as a two-year-old.



NOT the VIBE

GETTING YOUR HOMEWORK
DONE FOR SCHOOL? **THE VIBE.**

HARMING YOUR CONCENTRATION BY VAPING?
NOT THE VIBE.

NICOTINE AND YOUR CONCENTRATION:

To concentrate, you need your brain to be in control! Nicotine is a stimulant. When you have a stimulant in your body, it changes your brain's performance in many different ways. When you vape and put nicotine inside your body, you take away your ability to focus fully.

Nicotine affects your performance when you're trying to learn, memorize, pay attention, and exercise self-control. These are all vital for concentration!

Nicotine is not the answer to any of your problems. Stay focused and leave nicotine out of it!

SOURCES:

[e-cigarettes.surgeongeneral.gov/documents/surgeon-generals-advisory-on-e-cigarette-use-among-youth-2018.pdf](https://www.e-cigarettes.surgeongeneral.gov/documents/surgeon-generals-advisory-on-e-cigarette-use-among-youth-2018.pdf)

behindthehaze.com/is-nicotine-addictive

kidshealth.org/en/teens/e-cigarettes.html



FUN FACTS ABOUT SCHOOL

- More than 78 million children, teens, and adults enroll in schools each year.
- Indiana has nine of the 10 largest high school gyms in America.
- More than 42 percent of youth between 12-17 change schools at least once.



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HAVING A GOOD NIGHT'S SLEEP? *THE VIBE.*

VAPING AND INHALING NICOTINE,
WHICH KEEPS YOU UP AT NIGHT? *NOT THE VIBE.*

NICOTINE AND YOUR SLEEP:

Sleep is vital to your health, and inhaling nicotine makes it harder for you to fall asleep. Nicotine is a stimulant and is often found in vaping products. When you have a stimulant in your body, it can affect your body's ability to know when you're tired and need to wind down. Lack of sleep can lead to many other health problems affecting your memory, concentration, and mood. Insomnia and other sleep-related issues can be prevented by leaving stimulants out of your body.

Leave nicotine out of your sleep cycle. It's not the vibe!

SOURCE:

behindthehaze.com/is-nicotine-addictive



FUN FACTS ABOUT SLEEP:

- Humans are the only mammals that delay sleep.
- The average person falls asleep in seven minutes.
- Newborn babies sleep, on average, 16 hours out of 24 hours.
- The perfect nap, according to NASA, lasts for 26 minutes.

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PLAYING VIDEO GAMES? *THE VIBE.*

WEAKENING YOUR REFLEXES BY VAPING?

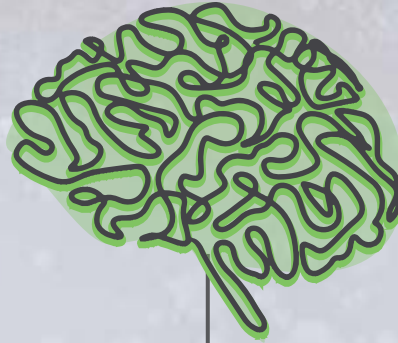
NOT THE VIBE.

NICOTINE AND YOUR BRAIN:

Vaping affects your ability to focus. When you vape, you're changing the chemical make-up of your brain. The level of neurotransmitters, such as acetylcholine, in your brain is altered, leading to mood swings, poor impulse control, and lack of attention.

Vaping also creates cravings. When you're thinking about how much you want to vape, you can't concentrate on other things that matter! Your body changes physically and mentally to make vaping a priority.

Letting vaping take your attention is not the vibe. Put down the e-cigarette and keep your head in the game!



FUN FACTS ABOUT VIDEO GAMES:

- The Gameboy was the first game console in space.
- Americans spend \$2 billion on arcade games.
- Pac-Man was almost named Puckman.
- One of the earliest video games was created by a physicist.

SOURCES:

kidshealth.org/en/teens/e-cigarettes.html
behindthehaze.com/is-nicotine-addictive

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