

HITTING THE
DANCE FLOOR
WITH YOUR FRIENDS?

THE VIBE.

LETTING NICOTINE
IN VAPES DRIVE
YOUR BODY'S MOVES?

NOT THE VIBE.

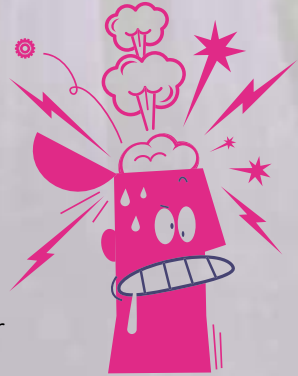
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WHAT IS NICOTINE?

How does it affect your body?

Although vaping may be less harmful than smoking, it's still not safe.

Most vapes contain nicotine, even if you don't realize it. Nicotine is a stimulant that directly affects your brain! It changes how you feel and how you make decisions. A stimulant makes you feel more alert and awake momentarily but leads to a crash later than can hurt you. When you need to rest and have a stimulant in your body, your brain is confused and can't power down.



Nicotine can change your mood, your behavior, and your priorities. This stimulant is addictive and impacts who you are.

You're in charge of your body,
NOT NICOTINE!

SOURCES:

behindthehaze.com/is-nicotine-addictive

hopkinsmedicine.org/health/wellness-and-prevention/5-truths-you-need-to-know-about-vaping

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PERFORMING
WITH YOUR BAND?

THE VIBE.

MISSING THE BEAT
BY DAMAGING YOUR
LUNGS VAPING?

NOT THE VIBE.

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WHAT IS AN E-CIGARETTE?

Why are e-cigarettes and vaping devices dangerous?

E-cigarettes are smoking devices that are powered by batteries. They are filled with a mixture of liquids that contain nicotine, chemicals, and other flavorings. When you smoke an e-cigarette, you heat the liquid, turning it into a vapor. This is why smoking an e-cigarette is referred to as “vaping.”



The concerning thing is that e-cigarettes weren't tested for long term safety when they were first sold. Many people assumed they were safer than cigarettes, but recent studies show that's not the case. The chemicals that vape devices produce are harmful to human and animal lungs.

Risking your lung health on e-cigarettes is not the vibe!

SOURCES:

kidshealth.org/en/teens/e-cigarettes.html
bmj.com/content/366/bmj.l5275

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