

# THE TRUTH ABOUT VAPING.

E-cigarettes, also called vape pens, e-cigs, vapes and mods are harmful to your health. JUUL is one brand and has as much nicotine per pod as a pack of cigarettes. If you've never used e-cigarettes, don't start. If you currently use e-cigarettes, quit today. Visit [www.cdc.gov/e-cigarettes](http://www.cdc.gov/e-cigarettes) today.

## E-CIGS CONTAIN NICOTINE.

1

Nicotine is a highly addictive drug that is especially dangerous for developing brains. Using nicotine as a teen can harm the parts of the brain that control attention, learning, mood and impulse control.

## TEEN VAPERS BECOME SMOKERS.

2

Teens who vape are 4 times as likely to smoke cigarettes than teens who don't vape. It also increases the risk for future addiction to other drugs.

## "ENDS" CREATE AEROSOL.

3

Electronic nicotine delivery systems (ENDs), like JUUL, do not actually produce a vapor. They produce an aerosol. Aerosols leave drops behind which can cause trouble breathing and damage to your lungs, along with other fatal diseases later in life.

## E-CIG AEROSOL IS POISONOUS.

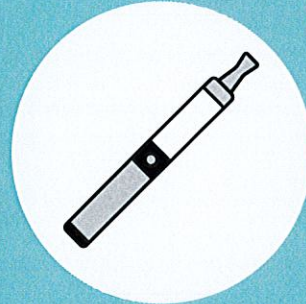
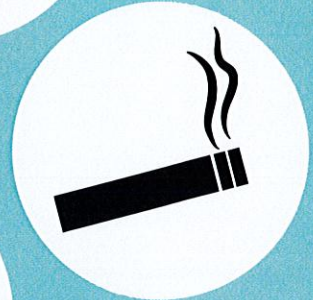
4

E-cigarette aerosol may also contain flavorings such as diacetyl, a chemical linked to serious lung disease; volatile organic chemicals; cancer-causing compounds; and heavy metals such as nickel, tin and lead.

## VAPING REDUCES YOUR ATHLETIC ABILITY.

5

Vaping can cause a more rapid heart rate, poor circulation, shortness of breath, asthma attacks and other heart and lung issues that can add up to a significant disadvantage.



## VAPING HAS CONSEQUENCES.

6

SPS students caught using e-cigarettes of any kind face in-school suspension, out of school suspension and other consequences.

## E-CIGS COME IN MANY SHAPES AND SIZES.

7

Most have a battery, a heating element and place to hold liquid. They may look like a pipe, pen, USB drive or other everyday items.

## VAPING ISN'T A SAFE ALTERNATIVE TO SMOKING.

8

The dangers of nicotine on the developing brain are severe no matter where it comes from. Plus, the long-term consequences of e-cigarettes and other vaping products are impossible to predict. For close to 20 years, health professionals did not know the long-term effects of cigarette smoke either.

**SET THE EXAMPLE.  
LIVE TOBACCO-FREE.**



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