

What Every TEEN SHOULD KNOW ABOUT VAPING & How it Affects Your Life

MYTHS BUSTED

It's just NOT water vapor:

Vaping can **expose you to harmful chemicals** like diacetyl, formeldahyde and metal particles like nickel, lead and tin **which can harm:**



lungs



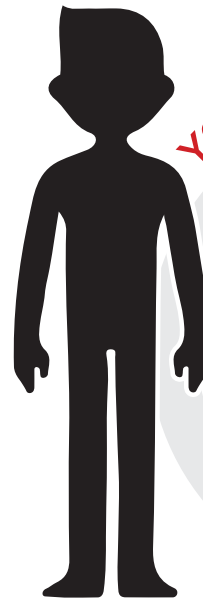
brain



heart



immune system



YOU ARE THE TARGET

4 out of 5 youth are exposed to at least one vaping advertisement

Over 15,000 flavors of e-juice

Discrete and colorful

Celebrities in advertisements

Vape pens do not need nicotine to be toxic. Diacetyl, known to be used by vaping companies for flavoring e-juice, has been **linked to a lung disease** called popcorn lung.

GET THE FACTS

addiction



Vaping can deliver a **high dose of nicotine** which can lead to addiction.

- One **JUUL** pod is = to **1 pack of cigarettes**
- Vaping can **increase** your risk of **cigarette use** by **8x**
- Vaping **increases** your risk of other **substance use**

local trends

(Data collected from the Muskegon MIPHY survey.)



Percentage of teen vapor use



2016



2018

Why I choose not to vape!

- "I get to stay on my **sports team.**"
- "I can use my money to **buy AirPods** instead."
- "I **won't get a fine** or have a record."