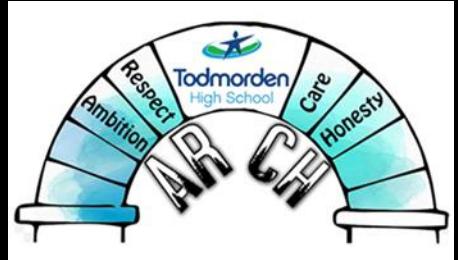


# Vaping/e-cigarettes: what you need to know

We've seen a rise in our students vaping. We need to make sure that you're fully informed about the dangers. Don't put YOUR life at risk by vaping



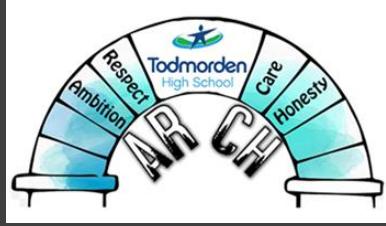
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- Adverts tempt people into using or buying a product – that's what adverts are for.
  - However, advertisers are very selective about the information they share!
  - Just like cigarette adverts never told people the truth about cancer, vape manufacturers don't really want you to know the truth about their product. It might put you off buying it!
  - Good job we are here to tell you the truth!!



# So, what IS the truth?



- Vapes and e-cigs contain nicotine. The brain does not stop developing until the age of 25, so the use of nicotine damages the parts of the brain that control attention span, learning, mood, and impulse control.
- Nicotine changes the way synapses between brain cells are created, which has a negative impact on your memory or how you learn new skills.
- Many of the other ingredients in e-cigarette vapor causes damage to the lungs. There are particles in e-juices called diacetyl that cause bronchiolitis obliterans or “popcorn lung.” Popcorn lung is a debilitating illness in the lungs that causes frequent shortness of breath, coughing, and wheezing. There is no cure for this disease.
- A lot of young vapers also go on to smoke cigarettes, which is extremely unhealthy. Recent research has determined that people who vape or smoke are five times more likely to have a heart attack than people who do not smoke or vape.



# What are the benefits of being vape-free?

Most obviously, you'll not get any of the negative effects of nicotine or the other substances in vapes/ e-cigs. You'll not be poisoning your body.

You'll also not be associating with people who vape and breathing in their smoke – just as dangerous to you!

You'll not have to lie or be evasive about your vaping; you won't be doing it, so won't need to lie about it when asked. It'll make you a more honest person.

You'll not be encouraging other people around you into this dangerous habit, so you won't feel at all guilty about the effect your behaviour has on your friends or peers.

Any money you have can be spent on better, healthier things. Things that will be of benefit to you!

You won't get sanctioned at school for vaping. Just to be clear, it will not be tolerated under any circumstances.



I wonder why vape manufacturers make e-liquid that tastes like sweets???

Of course, it is specifically to tempt young people into vaping. They want to hook you at an early age, so you'll become addicted and they've got a sale for life! Don't fall for their lies!!