

## Vaping: Know the Facts

### Video “The Hit Your Brain Takes”

Addiction Policy Forum’s “Vaping: The Hit Your Brain Takes” video explains what science says about adolescent e-cigarette use. Spoiler alert: it’s not good. As the real risks of “vaping” remain largely misunderstood by adults and teens alike, the campaign boils down the latest research.



To watch, visit [www.addictionpolicy.org/vaping-facts](http://www.addictionpolicy.org/vaping-facts)

The video is free and open source and can be used during class, in-school service days, professional development and at PTA meetings. A corresponding toolkit is available, which includes a fact sheet, classroom activities, a detention educational activity, and a parent advisory. The content was developed in collaboration with educators, students, and experts in adolescent medicine and prevention.

*Addiction Policy Forum is a national nonprofit organization dedicated to eliminating addiction as a major health problem. Our headquarters are located in Bethesda, MD with resources and services in every state.*

If you’d like to download the video, please visit  
<https://www.addictionpolicy.org/vaping-video-download>