

# **MYTH:** *Nicotine is like caffeine, just a little boost to get you going.*

Source: CDC

**FACT:** Nicotine is way more addictive than caffeine.

**FACT:** Nicotine can seriously mess with your brain, not just give you a temporary buzz.

**FACT:** Nicotine takes over your brain and makes you crave more and more, even though it's bad for you.



Scan QR code or visit  
[www.beaverton.k12.or.us/vaping-awareness](http://www.beaverton.k12.or.us/vaping-awareness)  
for vaping awareness resources.



**Need help to quit?** Ask your counselor to be referred to your School Substance Use Specialist.