

MYTH: *Vape is a sweet way to cure stress and anxiety.*

Sources: Truth Initiative, Smokefree.gov, PBS

FACT: Nicotine is highly addictive, and nicotine withdrawal causes stress and anxiety.

FACT: Vaping nicotine can actually make symptoms of depression and anxiety worse and increase stress levels.

FACT: Trace metals found in vape liquid may play a role in the potential link between vaping and depression.

FACT: Vaping doesn't help you relax. It actually increases your blood pressure and heart rate.



Scan QR code or visit
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.