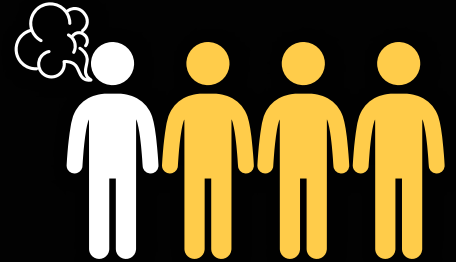


The Reality of Addiction

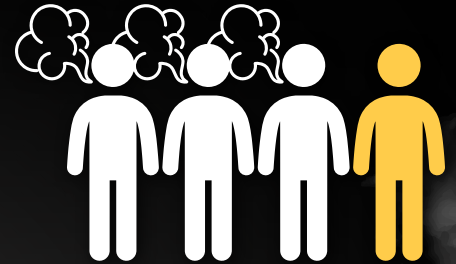
DAY 1: *"I'm just going to try it. I won't get addicted from a couple of puffs."*

FACT: 25% of teens who get addicted to nicotine are hooked within a month.



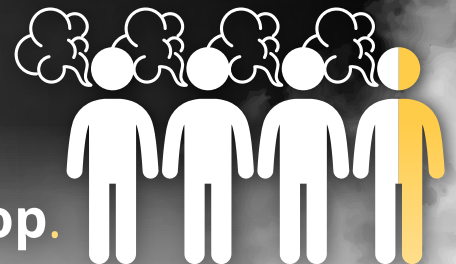
MONTH 1: *"I can stop whenever I want."*

FACT: While most teens said they wouldn't be using nicotine for more than 5 years, 75% are still using it after 8 years.



YEAR 1: *"It's so hard to quit!"*

FACT: 88% of teens who try to quit nicotine find it too hard to stop.



Sources: Cleveland Clinic, University of Texas Health Science Center at Houston



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.