

VAPE BECAUSE YOUR'E ANXIOUS OR STRESSED? TRY THESE TIPS!

- 1 TAKE A MINUTE AND A BREATH
- 2 LEARN + AVOID YOUR TRIGGERS
- 3 DRINK WATER
- 4 MOVE YOUR BODY
- 5 EAT + SLEEP ENOUGH
- 6 BE PRESENT
- 7 GO CAFFEINE FREE
- 8 CONNECT WITH OTHERS

Home | Smokefree Teen

Get help with the unique challenges that teens have when quitting smoking or vaping. Find information and tools designed to help you stop for good.

smokefree.gov

SEE SOMETHING, SAY SOMETHING

Anonymously report the sale and distribution of drugs using Crimestoppers!



RISKS OF VAPING

PHYSICAL HEALTH

- Lung disease
- Increased inflammation
- More headaches/migraines
- Digestive issues
- Muscle tension/pain
- Heart attack, stroke
- Sleep trouble
- Weight gain
- Issues with teeth/mouth

MENTAL HEALTH

- Addiction
- Increased stress and anxiety
- Depression
- Memory/concentration
- Suicidal Behavior

ENVIRONMENT

- More harmful chemicals in the air
- More trash and toxic waste
- Harmful substances like mercury, lead, and other heavy metals can contaminate soil and waterways, posing a risk to wildlife that may ingest them.
- Increased risk of fires in trash cans, trucks, and waste-processing facilities



COMMON MISCONCEPTIONS ABOUT VAPING

VAPING HELPS WITH STRESS

Vaping may seem to help in the moment but it actually increases stress and anxiety.

VAPING IS SAFER THAN SMOKING CIGARETTES

Most vapes contain the highly-addictive nicotine and other very harmful chemicals.



TAKE BACK CONTROL

There are many resources available to those wishing to stop smoking, vaping, or using marijuana.

Whichever you choose, know we are rooting for you every step of the way!



READY TO QUIT?



Talk to your principal, counselor, or medical doctor. They can help!



TEXT

Text **DITCHVAPE** to **88709** for free support via text

Text **START MY QUIT** to **36072**



LEARN MORE

<https://truthinitiative.org>
<https://ks.mylifemyquit.org>
<https://smokefree.gov>



USD 470

Arkansas City Public Schools

www.usd470.com
620-441-2010



EVERY CHOICE MATTERS

Vaping Information
for teens and families

