

# **END TEEN VAPING**



**WHAT YOU NEED TO  
KNOW ABOUT VAPING**

IF ANYTHING SHOULD BE  
**CANCELED**

IT SHOULD BE  
**VAPING**



And by the way...e-cigarette aerosol is NOT water vapor and vaping nicotine is NOT safe. Most e-cigs have high levels of nicotine. Nicotine is extremely addictive and harms your brain development. If you've heard of someone feeling "nic sick" – that means they are feeling symptoms related to nicotine poisoning.

**Don't be part of  
the next generation  
of addicts!**

# FAST FACTS:

-  Chemicals found in e-cig aerosol include nicotine, cancer-causing chemicals, metals like nickel, tin and lead, ultrafine particles (that go deep into your lungs) and volatile organic compounds.
-  Using nicotine before you turn 25 can also harm the parts of your brain that control attention, learning, mood, and impulse control.
-  E-cigarettes have not been around long enough for us to know the harm they cause. You're the real-world experiment.
-  E-cigarette companies claim that their products are intended for adults, but skyrocketing vaping among teens tell a different story. In fact, teens are vaping at much higher rates compared to adults.
-  Teens may be more sensitive to and feel dependent on nicotine sooner compared to adults.



If you or your friend needs help quitting, talk to your doctor or school nurse for more information.

**#ENDTEEN  
VAPINGFL!**

**Florida  
HEALTH**