

LET'S TALK ABOUT VAPING

VAPING IS NOT HARMLESS

Here are some key facts:

- Vaping may have long-term health effects.
- Most e-liquids contain nicotine which is highly addictive.
- Nicotine can alter the teenage brain and affect memory and concentration.
- If you vape, you may be more likely to start smoking cigarettes.

Vape companies want you to believe their products are safe and normal to use, but they profit from addiction, NOT wellness.






VAPING AND MENTAL HEALTH

Some people think vaping gets rid of stress, anxiety, and depression. The truth is vaping nicotine increases stress hormones and can actually make these feeling worse!

WHAT'S THE BIG DEAL?

If stress hormones are released every time a person vapes (several times a day, or even several times an hour), the same health problems that come from unmanaged stress can happen to someone who vapes.

These can cause symptoms such as:

<p>Depression or low mood</p> 	<p>Headaches</p> 	<p>Problems with falling asleep or staying asleep</p> 	<p>Changes in appetite</p> 	<p>Problems with memory or concentration</p> 
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WAYS TO DEAL WITH STRESS

- Listen to music.
- Talk with a friend or other trusted person.
- Go for a walk or choose your favourite way to get moving.
- Have a shower or bath to relax.



For more information on mental health effects of vaping visit notanexperiment.ca/mental-health-vaping

NotAnExperiment.ca

FEEL PRESSURED TO TRY VAPING?

Pressure to vape can come from friends wanting you to try vaping, your family, social media, or just wanting to 'fit in.'

It may seem weird, but actually practicing what to say ahead of time can make it easier if someone asks you to vape. The following are some tips. Pick the ones that are right for you.

Delay answering:

**"Can't right now,
I'll meet up with
you later."**

Suggest something else:

**"I don't want to
right now, wanna
play some ball?"**

Make a joke:

**"Thanks, but I'm
already addicted
to air!"**

LEAVE THE VAPE BEHIND!

If you vape, how is it affecting you? Answer these questions to find out:

- Do you ever try to stop vaping, but can't? Do you ever feel like you really need to vape?
- Is it hard to keep from vaping in places where you are not supposed to, like school?
- Do you find it hard to concentrate when you can't vape?
- Do you feel angry or sad when you can't vape?

If you answered **"YES"** to any of the questions, you might be experiencing **nicotine addiction**.

Check out these free resources to help stop vaping your way...



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**For more information
and ideas visit**

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