

7 Facts

ABOUT E-CIGARETTES, VAPING AND JUULS

2



Exposure to nicotine in e-cigarettes, vapes and Juuls can affect brain growth in youth and young adults because the brain is not fully developed until age 25.

1



IT'S NOT JUST WATER VAPOR!
All e-cigarettes, vapes and Juuls contain nicotine. In some cases as much as a full pack of cigarettes.

3



Nicotine is the addictive substance in cigarettes. Vaping makes you more vulnerable to nicotine addiction.

4



Nicotine can cause mood disorders and permanent lowering of impulse control.

6



Nicotine harms the part of the brain that controls attention and learning.

5

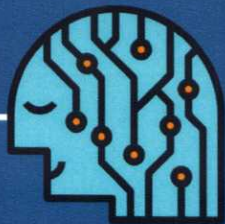


The liquid used in vapes and Juuls can also contain dangerous chemicals such as formaldehyde, nickel and lead.

7



It's **NOT** safe and it's **NOT** cool.



Be smart. Don't start.

EVEN WHEN IT'S JUST NICOTINE, IT'S STILL DANGEROUS

Some words from those who regret starting

"I started vaping
as just
something to do
for fun with
friends."

"My favorite e-liquid
was cotton candy.
Little did I know that I
would actually
become addicted to
nicotine."

"A group of my
friends were all
doing it. I really
wasn't interested
but I couldn't say
no, right?"

Learn more at
www.dontgetvapedin.com

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