



Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery, through a grant from the Substance Abuse and Mental Health Services Administration.



I DON'T VAPE

USEFUL INFORMATION

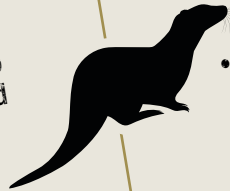
What is vaping?

Vapes are electronic devices (sometimes known as e-cigarettes) that atomize liquid to produce 'vapor.' They range in size and color, but the basics stay the same. They generally consist of a battery, a heating element, a mouthpiece, and a place to hold a liquid. It doesn't matter the shape or liquid being vaped; every vape comes with health risks.

- Most e-cigarettes contain nicotine, which is highly addictive.
- Nicotine jeopardizes brain development.
- E-cigarette aerosol can contain chemicals harmful to the lungs.

USELESS TRIVIA

- Yoda and Miss Piggy were both voiced by the same person. (Frank Oz)



- Otters often have a favorite rock. They store it under their arm in a little pouch when not in use.

- Sharks have been on the planet longer than trees.



I NEED MY LUNGS TO DANCE

HELPFUL LINKS:

- The Risks of Vaping (bit.ly/3a8xgAx)
- Healthline (bit.ly/3pbpDxr)
- Johns Hopkins Medicine (bit.ly/2OwsAs)