

MY BODY MATTERS

I DON'T VAPE

THE MORE SCIENTISTS RESEARCH VAPING, THE MORE RISKS THEY FIND.

Vaping has been linked to poor learning and academic performance, increased aggressive and impulsive behavior, poor sleep quality, attention deficits, impaired memory and thinking, and increased depression.

All of these harmful side effects can really damage my body,
making it harder to accomplish my goals.

I DON'T VAPE!

DON'T GIVE UP!

- Thurgood Marshall became the first African-American Justice of the United States Supreme Court after being denied admission to law school.
- Thomas Edison made between 1,000 and 10,000 attempts before he successfully invented the light bulb.
- Helen Keller, despite being deaf and blind, received her college degree and became a famous author, speaker, and political activist.

Source: kidshealth.org/en/teens/e-cigarettes.html



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