

CIGARETTES IN DISGUISE.



Vapes are hiding something dangerous.



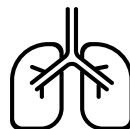
What is vaping? It is when someone breathes in a vapor that contains nicotine – the same dangerous chemical found in cigarettes.



Why is it bad? When you use nicotine, your body wants it over and over again – and when you don't have it, you feel bad, sick or angry.



Why can't you just stop? Nicotine tricks you into wanting it all the time. It's very hard to stop vaping, even if you want to. The best way to stop is by never starting.



Vaping also hurts your lungs. It makes it hard to breathe when you're playing with friends or walking up stairs.

Always say no to vaping. Your body will thank you.

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