

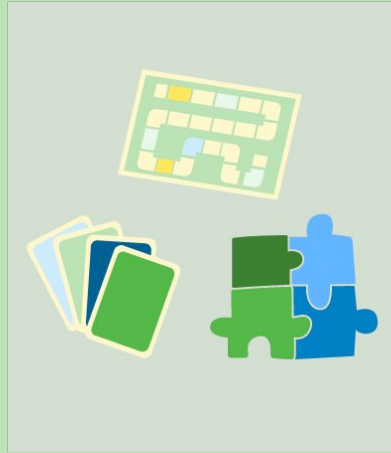
# VAPING 101



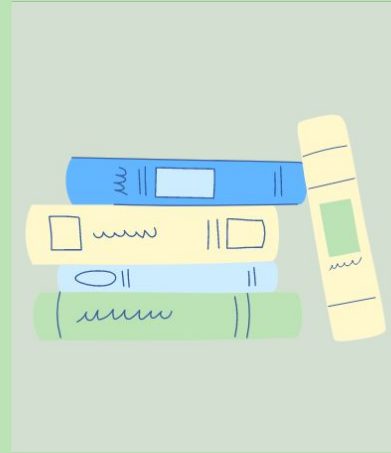
# WHAT HEALTHY ACTIVITIES MAKE YOU FEEL GOOD?



Art



Games



Reading



Sports

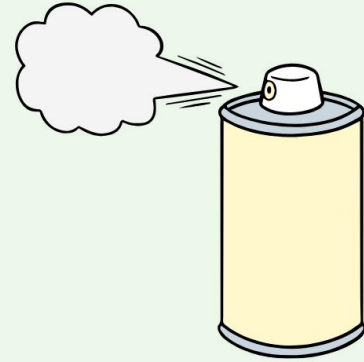
# WHAT IS VAPING?



# VAPOR

VS.

# AEROSOL



# CHEMICALS IN AEROSOL

Nicotine



Acrolein:  
used as a  
pesticide



Flavoring  
such as  
diacetyl



Heavy metals  
such as nickel,  
tin, and lead



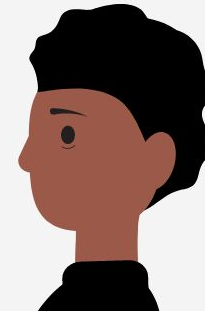
Cancer-  
causing  
chemicals



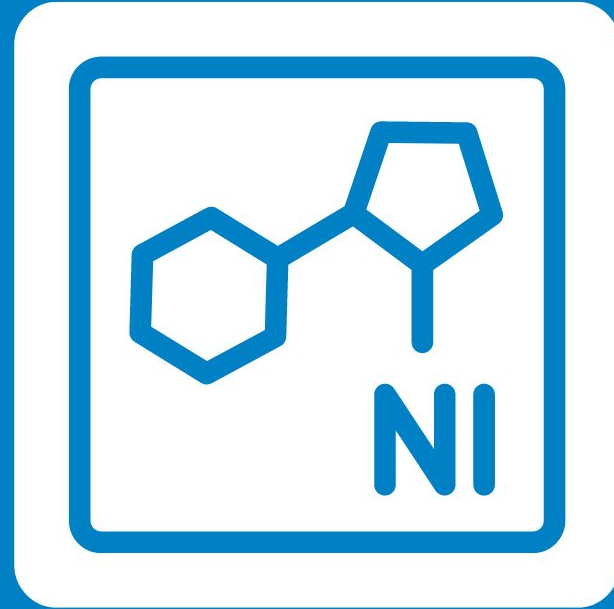
Benzene:  
found in  
gasoline



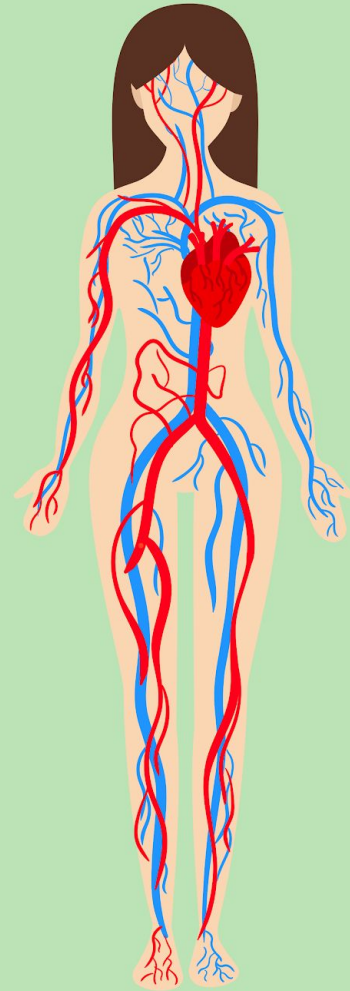
Propylene  
glycol: used in  
fog machines



# NICOTINE

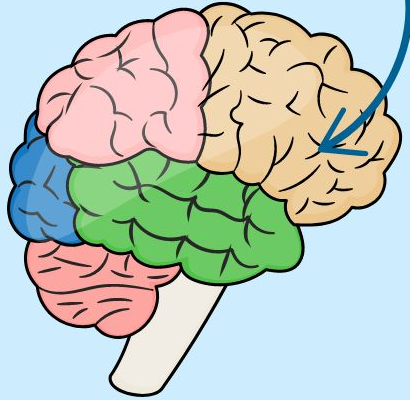


# CARDIOVASCULAR SYSTEM

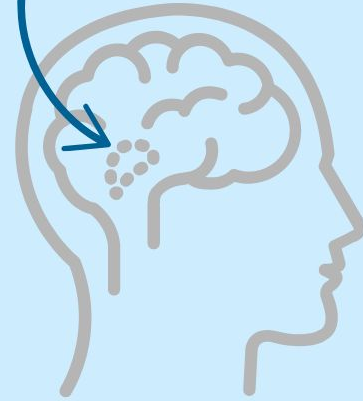


# NERVOUS SYSTEM

Front of brain



Hypothalamus

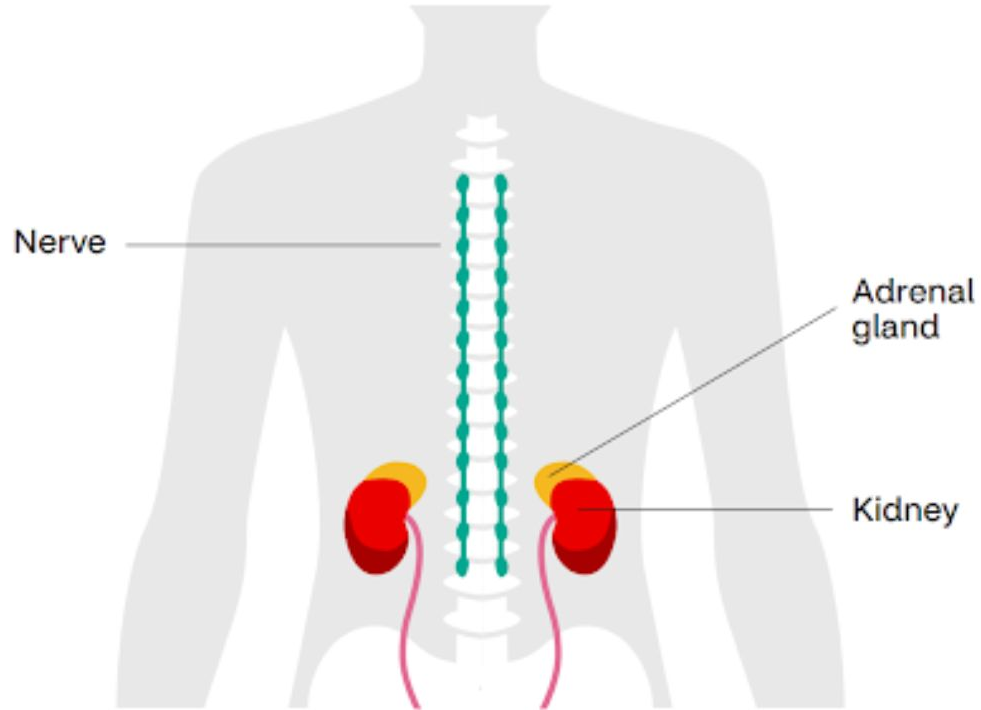




# RESPIRATORY SYSTEM



# ENDOCRINE SYSTEM



# FLAVORS

**KIDS WANT CANDY.  
THE TOBACCO  
INDUSTRY WANTS  
CUSTOMERS.**

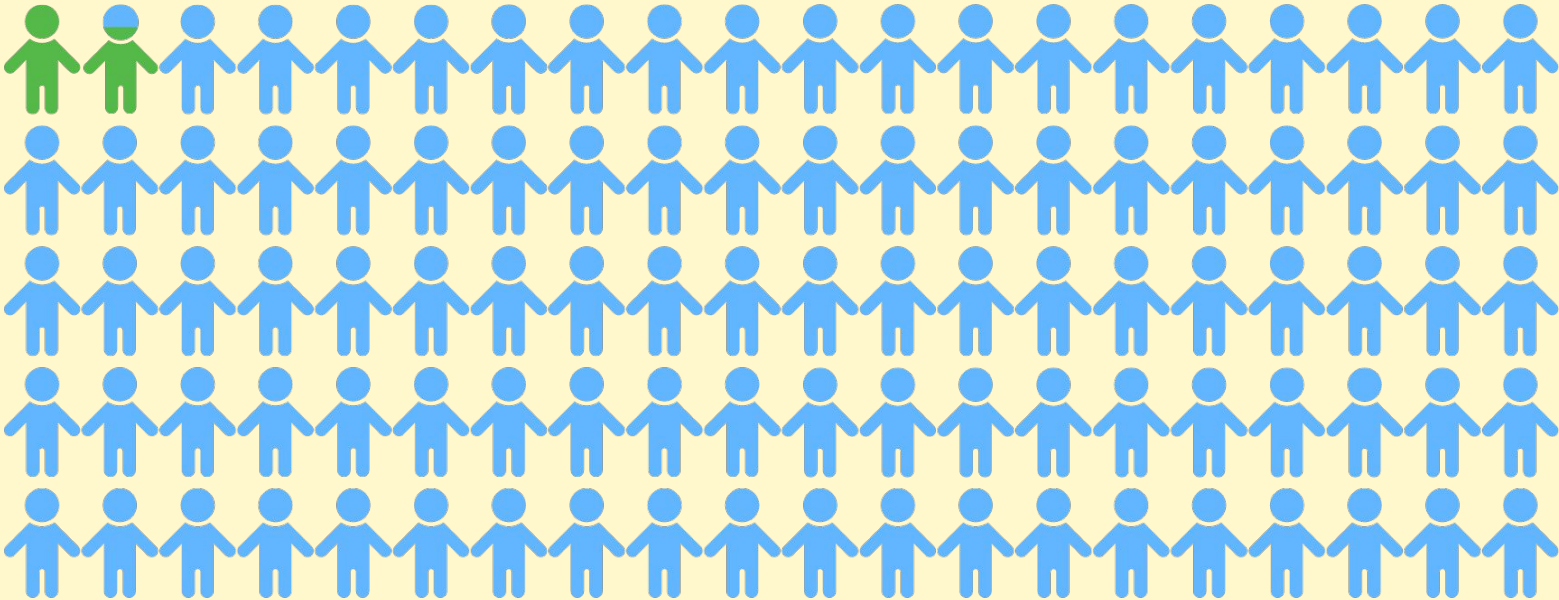
**4 out of 5 kids who have  
used tobacco started  
with a flavored product.**

**ADDICTION IS NOT  
A PHASE.**

**FlavorsHookKids.org**



# VAPING ISN'T AS POPULAR AS YOU THINK



# WAYS TO SAY "NO" TO VAPING

Make a  
joke

Say "no  
thanks"

Give an  
excuse

Change  
the  
subject

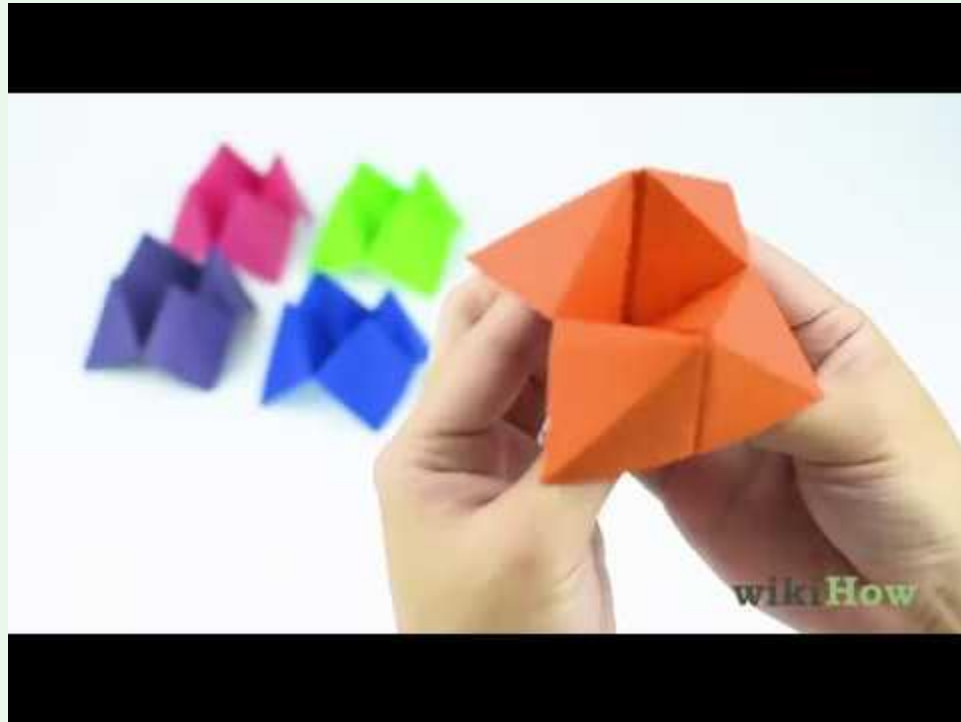
Give a  
reason

Keep  
saying  
no

Suggest  
another  
activity

Walk  
away

# FORTUNE TELLER ACTIVITY



[How to fold a fortune teller](#)

# FORTUNE TELLER ACTIVITY

- Put students in groups of two
- Students will take turns holding the fortune teller.
- One student, the "player" will pick a scenario from the outside flap and the "fortune teller" count out the corresponding number.
- The "player" will then choose one of the four inner scenarios and the "fortune teller" will count out the corresponding number.
- One last time, "the player" will choose a number and the "fortune teller" will lift the flap up and read the scenario for the corresponding number. Students will then use the prompts from the fortune teller to act out the scenario.
- Examples: "You go to a friends house", "Your friend hands you a vape.", and "You say, 'No thank you!'"

# HELP A FRIEND QUIT



Talk to a trusted adult



My Life, My Quit



# TEST YOUR KNOWLEDGE

E-CIGARETTES ARE NOT SAFE TO USE AND CONTAIN HARMFUL CHEMICALS

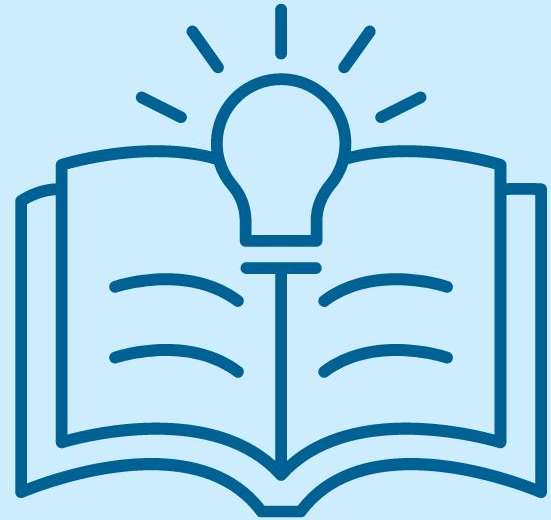
TRUE

FLAVORS ARE NOT SAFE TO VAPE

TRUE

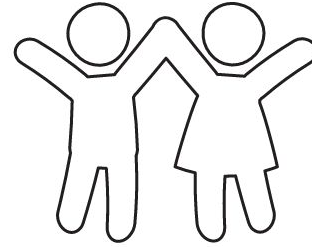
NICOTINE IS ADDICTIVE

TRUE



# PLEDGE TO BE VAPE-FREE

**PLEDGE TO BE  
VAPE-FREE**



**YOUR NAME:**

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**I PLEDGE TO BE VAPE-FREE BECAUSE**

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# REFERENCES

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