

6 BENEFITS OF BEING VAPE-FREE



TAKE CARE OF
YOUR **HEALTH**



SAVE YOUR
MONEY



CONTROL
YOUR **LIFE**



BE A GOOD
FRIEND



DO YOUR BEST
IN **SCHOOL**



FEEL GOOD ABOUT
YOURSELF

You probably already know that e-cigarettes contain nicotine. You probably also know that the vapor includes toxic chemicals. What you need to know is that every e-cigarette – no matter the shape and size – is terrible for you. There is no way around it. You are doing real harm to your body every time you use one. If you haven't tried one, don't. And if you do use them, it's time to stop.

Not convinced? Here's something else you should know. Even if you've talked yourself into the idea that you are "just" using e-cigarettes, you are on a path to becoming addicted to nicotine. And damaging your brain. You know, that thing you will need ... for the rest of your life. **We know you probably know all of this. But if you've ever thought about vaping (or if you've tried it or do it regularly) please talk with your doctor today.**

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