



# SAFER DOES NOT MEAN SAFE

## THE DANGERS OF VAPING

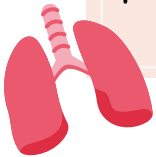
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### HOW VAPING AFFECTS THE YOU, THE ONE WHO IS VAPING

Have you ever tried vaping, or do you still vape? Youth and young adults that vape are uniquely at risk for long-term, long-lasting effects of exposing their developing brains to nicotine and other chemicals. This puts you at risk for nicotine addiction, mood disorders, permanent lowering of impulse control, long-term harm to brain development and respiratory health. E-cigarettes and vape use pose a significant – and unavoidable – health risk to you. When you smoke, it pollutes your body. The damage to your body from vapes and e-cigarettes can be avoided.

If that's not enough reason, in the summer of 2023, the Texas Legislature passed House Bill 114 which could alter your future forever with you being expelled or sent to a disciplinary alternative education program for being in possession of a vape. All the hard work you have put into your sports or academics will be gone.

So, when you say "No" to vaping, you are saving yourself, mentally and physically, and your future.



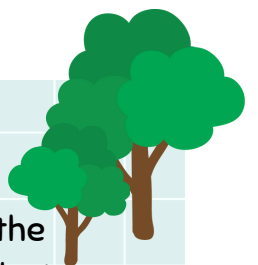
### HOW VAPING AFFECTS OTHERS

Vapes are extremely harmful to everyone and everything around them. They give off secondhand smoke which is a severe problem. It can lead to other people, family or friends, that are around you enough to start getting lifelong effects from your choices. Next time you smoke in front of them, think about how you are affecting them, their future, current health, and life.



### HOW VAPING AFFECTS THE ENVIRONMENT

From greenhouse gases and carbon emissions to soil contamination, the planet is facing many dangers. E-cigarettes and vape pens do not make it any better. These devices can hurt the environment in various ways. They are a serious environmental health threat since they contain plastics, nicotine salts, heavy metals, lead, mercury, and flammable lithium-ion batteries. The compartments find their way into waterways, soil, and wildlife affecting all living creatures that relies on environment. E-cigarettes will usually be left on the street then broken into micro plastic and chemicals that flow into the storm drains contributing to additional water pollution.



### WHAT PARENTS SHOULD KNOW

The 2022 National Youth Tobacco Survey reports that more than 2.5 million middle school and high school students are currently using a form of e-cigarettes.

The most common sources are purchasing from a store or online, buying from another person, or giving someone money to purchase for them. The majority of teenagers used someone else's vaping device. Despite high rates of ownership, many adolescents borrow devices. According to Sage Journals, it was found most teens did not directly buy the last vape they used. The majority of teens get it from their friends. Teenagers can also purchase vape pens from dealers who buy their stock internationally and sell them to kids on social media. Also, most tobacco stores do not require their customers to provide proof of age. How well do you know your kid's friends and what your kid is doing on social media?



#### FOR ADDITIONAL INFORMATION ABOUT THE HARMS OF VAPING

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)

<https://e-cigarettes.surgeongeneral.gov/>

<https://my.clevelandclinic.org/health/articles/21162-vaping>

<https://www.drugwatch.com/e-cigarettes/side-effects>