





















FLAVORS AND STABILIZERS IN E-CIGARETTES CAN CAUSE RANDOM

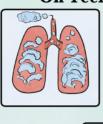
INFLAMMATION IN YOUR LUNGS.

IT CAN ALSO MESS WITH YOUR SLEEP.

WORSE IF YOU HAVE PRE-EXISTING CONDITIONS



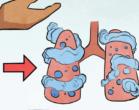
The Effects of Vaping On Teen Health











Quick Fact on the Risk of E-Cigarettes

- · The use of e-cigarettes is unsafe for kids, teens, and young adults.
- Most e-cigarettes contain nicotine. Nicotine is highly addictive and can harm adolescent brain evelopment, which continues into the early to mid-20s.
- · E-cigarettes can contain other harmful substances besides nicotine.
- Young people who use e-cigarettes may be more likely to smoke cigarettes in the future.

AND GUYS, WE COULD SPEND OUR MONEY ON BETTER THINGS. GOOD FOOD. GAMING. WHATEVER.

AND YOU DON'T HAVE TO GET KICKED OUT OF PLACES YOU LIKE TO HANG OUT.

IF YOU WANNA QUIT OR KNOW SOMEONE WHO DOES, KEEP EACH OTHER ACCOUNTABLE



