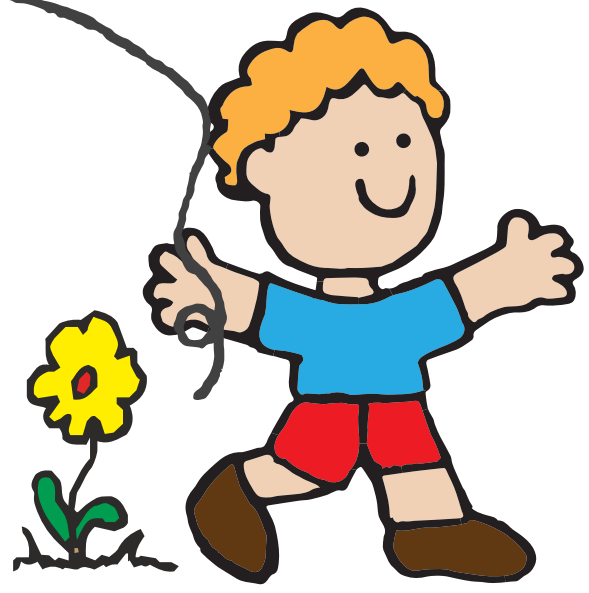
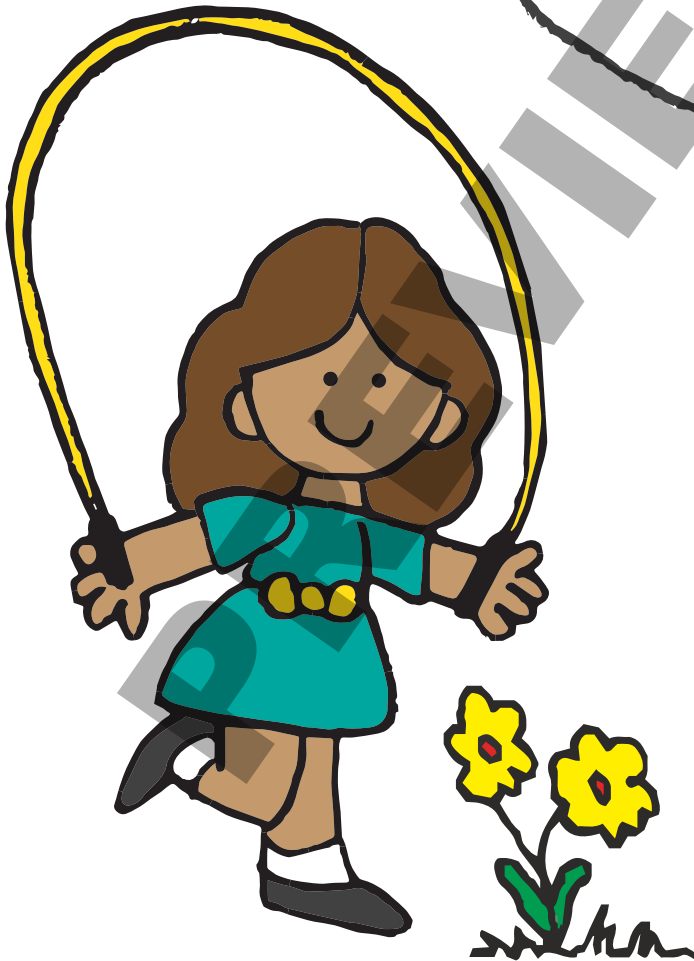
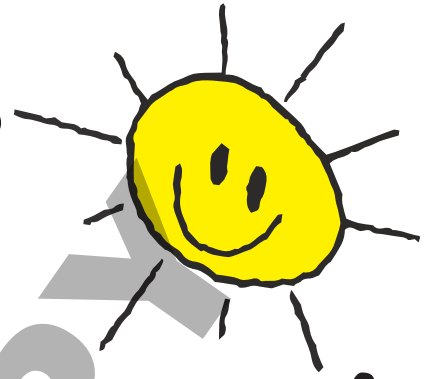
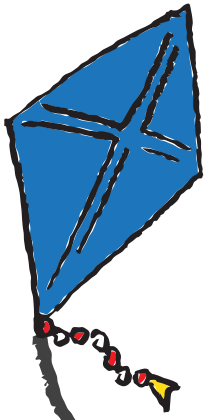


# Being Me

AND

# Vape - Free!

LEARNING and ACTIVITY BOOK



# Electronic Cigarettes

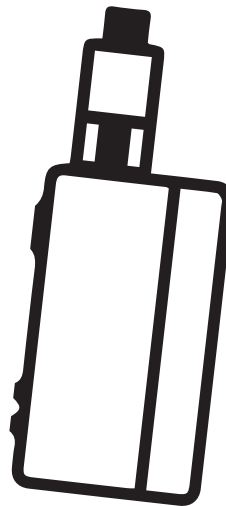
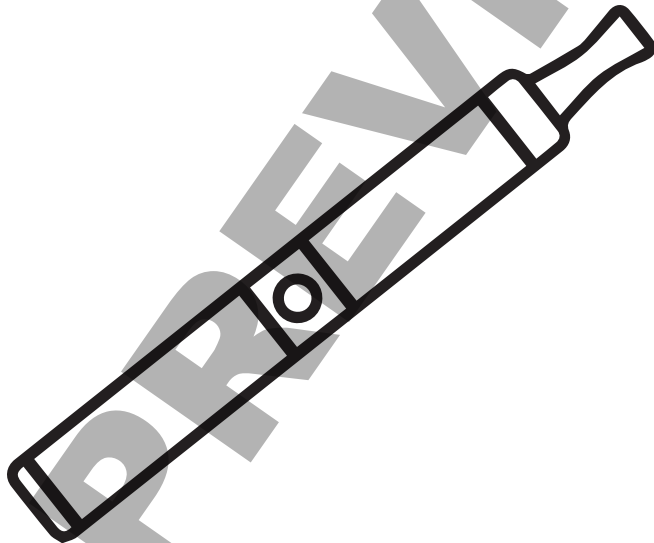
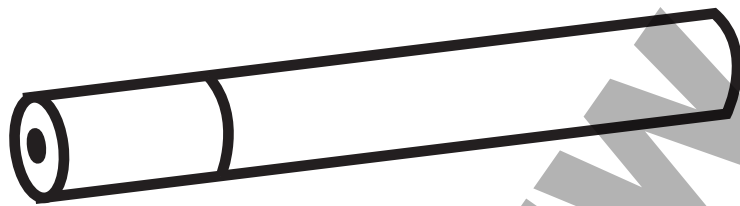


Electronic cigarettes or vapes have batteries and come in many different shapes and sizes. They heat up liquid chemicals to make vapor. Grown-ups breathe the vapor through their mouths into their lungs. The vapor may have drugs in it, like nicotine or marijuana that can be addictive. This means the more you vape, the more you want to vape.

# Activity 1.

Electronic cigarettes come in many different shapes and sizes.

Draw an X over the different forms of electronic cigarettes below.



# Nicotine is an Addictive Drug!



Most vapes have a drug called “nicotine.” Nicotine is very addictive and it is hard for people who use it to stop. Nicotine changes the way your brain works. It can make it hard to learn new things, make you angry and sad, and make it hard to pay attention or learn new things.

# Activity 2.

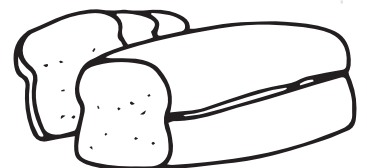
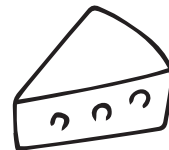
## Make Healthy Choices

Vaping can hurt your brain. Eating good foods makes your brain healthy and strong.

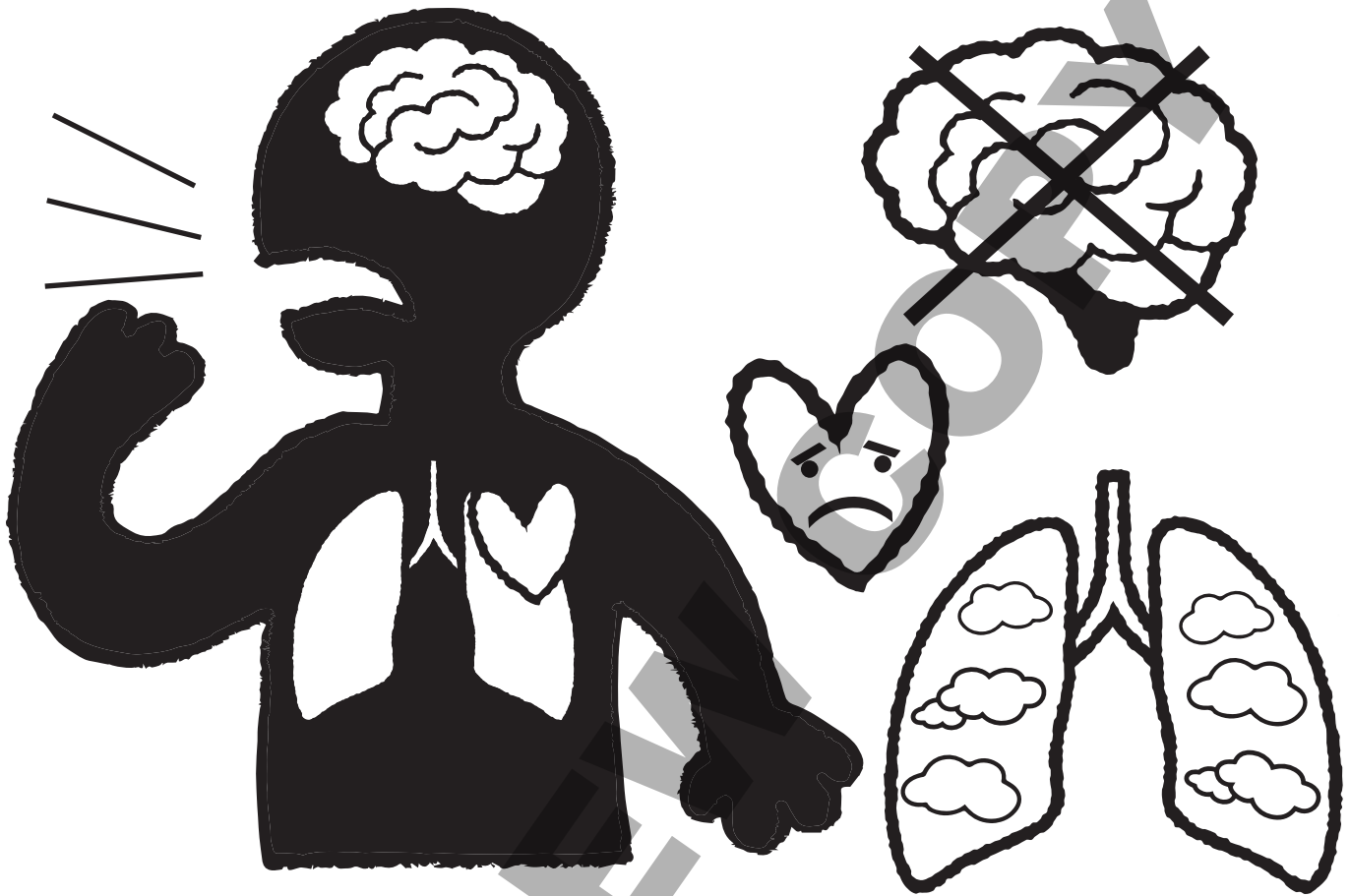
Help the girl below find all the healthy foods on her shopping list. Circle the foods that are good for growing kids!

### SHOPPING LIST

Bananas  
Milk  
Cheese  
Carrots  
Fish  
Nuts  
Bread



# Vaping Hurts Your Lungs!

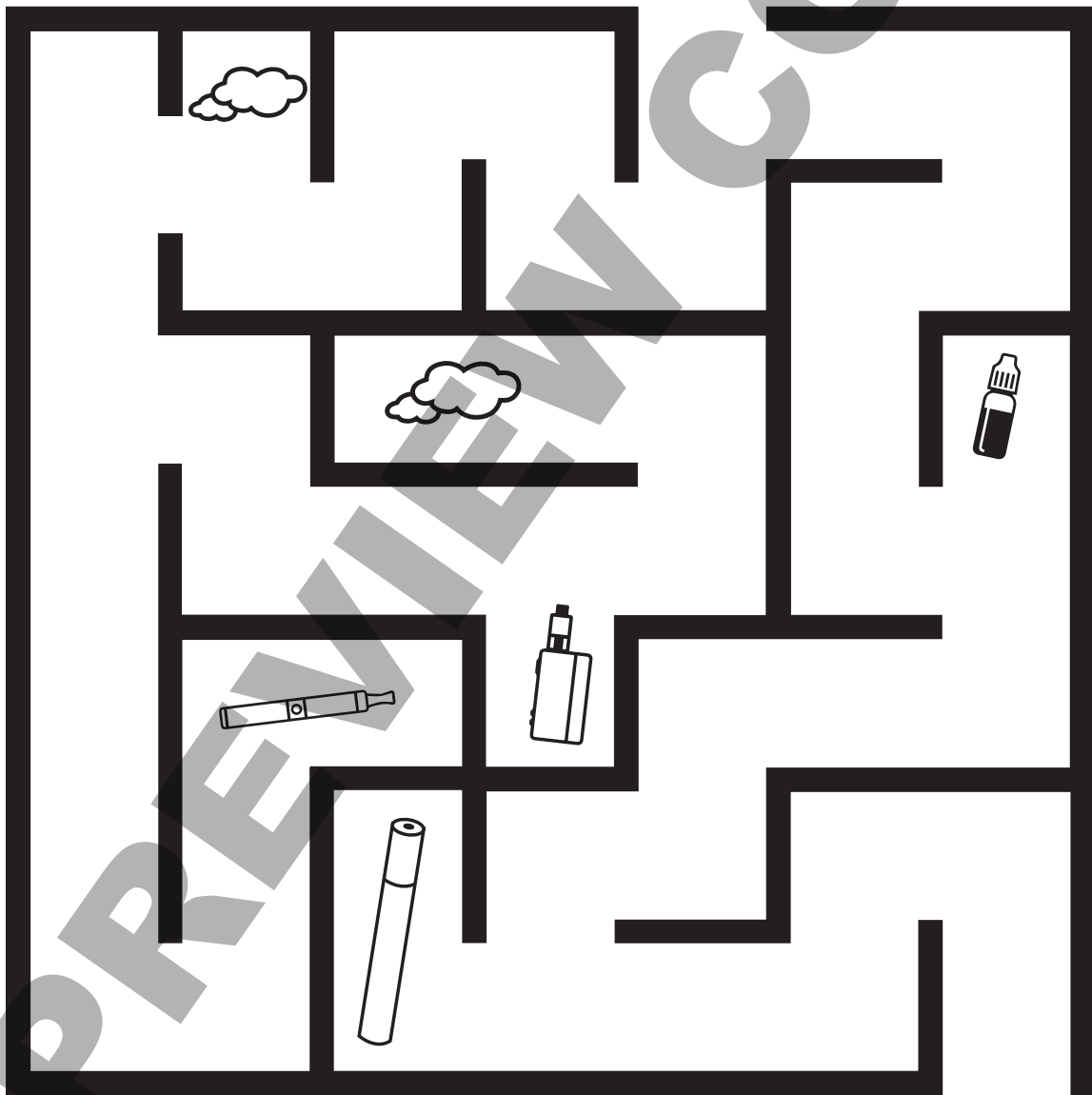


Your lungs give oxygen to your brain, heart and body. Vaping can hurt your lungs. Vaping can make you cough a lot and have trouble breathing.



Vaping can make it hard to do the things you love to do like playing on the playground or riding your bike.

# Activity 3.




Help these kids avoid vaping and get to the playground safely.



# Vaping is Dangerous!

Vaping  and electronic cigarettes  are dangerous! 

Sometimes they can break and cause fires  and explosions  and hurt you.

You can also be poisoned  or get really sick by eating, breathing  or touching the liquid  that is inside an electronic cigarette.

Stay healthy - Stay away from vapes!

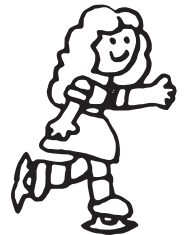


# Activity 4.

## You Need Healthy Lungs to Run and Play!

Draw a line from each fun activity to the matching picture.

Playing Basketball



Blowing Bubbles



Riding Bikes

Ice Skating



Playground Fun



# Being Me and Vape-Free!

Some of your friends might think vaping is cool. They are wrong! If anyone ever tries to get you to vape, tell them clearly: “No Thank You!”

Draw a picture of you and your friends having fun and being healthy!

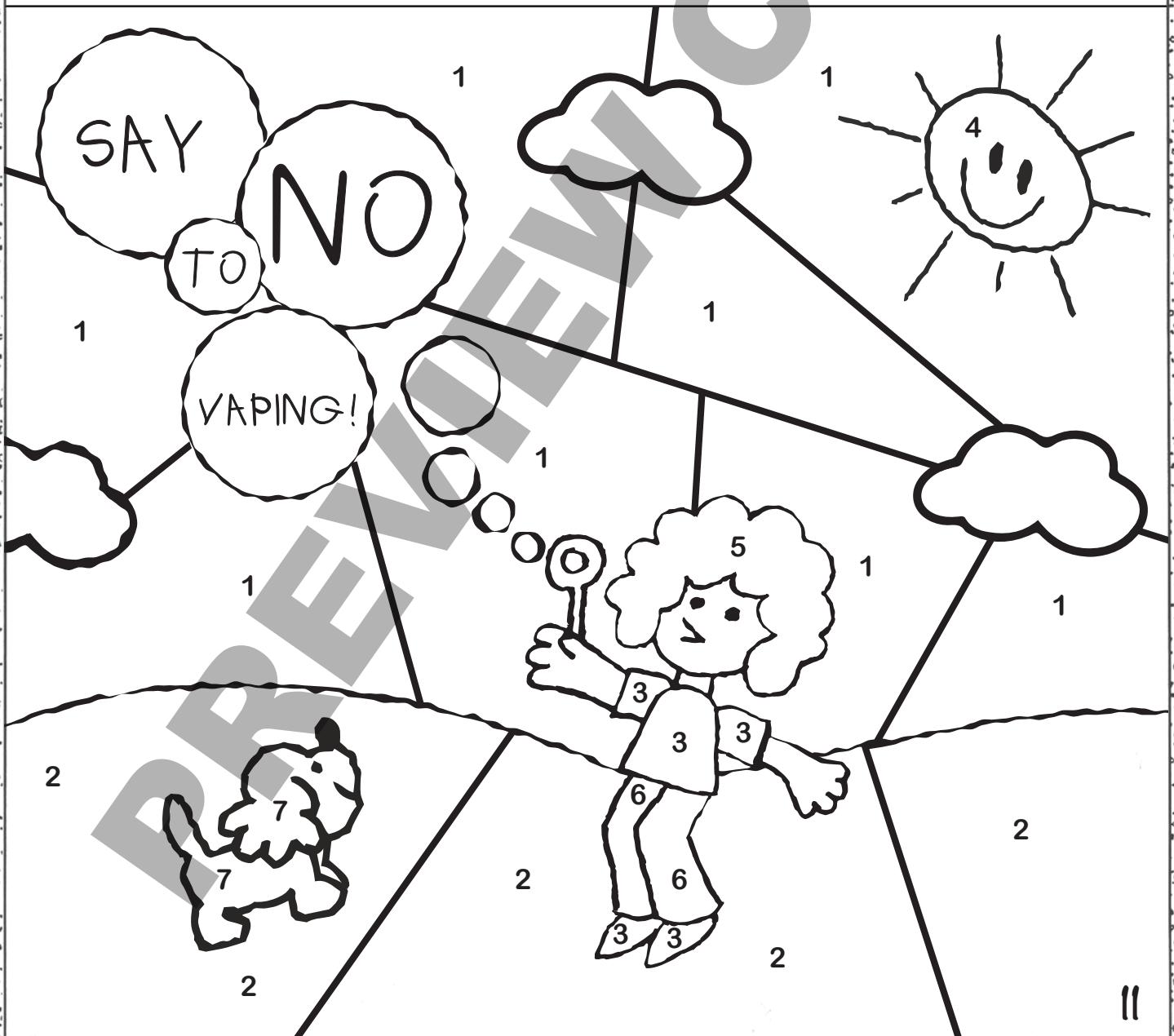
PREVIEW

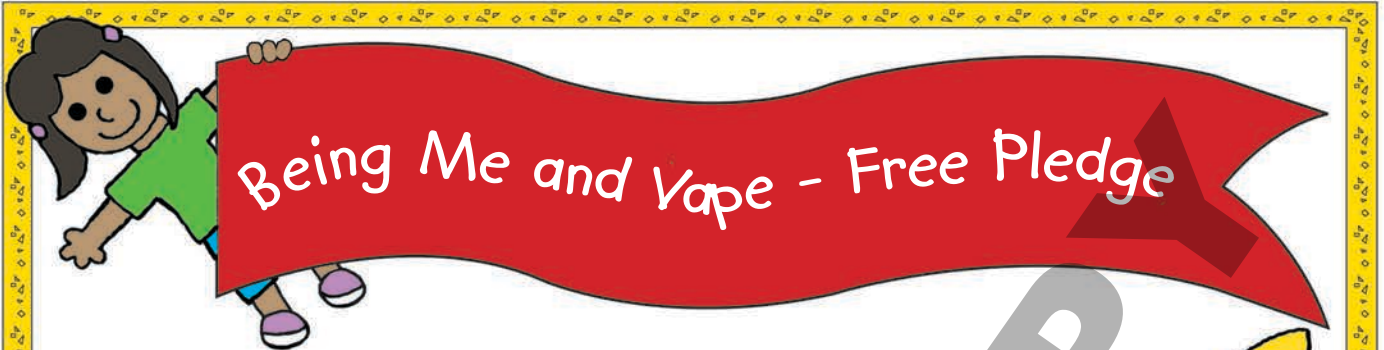
# Activity 5.

Be yourself and don't be afraid to  
**SAY NO TO VAPING!**

Color the picture.

1 - Blue 2 - Green 3 - Red 4 - Yellow 5 - Orange 6 - Purple 7 - Brown






**Being Me and Vape - Free Pledge**

I want to grow up healthy and strong. I know that vaping is bad for my body. I know that vaping can harm my brain and lungs. I know that vapes contain an addictive drug called nicotine. I promise to stay away from vaping, nicotine, and all drugs that will hurt me.

Your Signature: \_\_\_\_\_



PREVIEW