

Being  
Me



AND  
Vape  
Free





## 5 REASONS TO BE HAPPY AND VAPE-FREE

1. Vapes have nicotine or other drugs.
2. Nicotine is addictive - you want more and more.
3. Nicotine hurts your brain.
4. Vaping can hurt your lungs and makes it hard to run and play.
5. Vaping is not cool.
6. Make healthy choices and be Vape-Free!

Stay happy! Stay healthy!  
Be Vape-Free!

