



# ALWAYS REMEMBER



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!

As a member of the



I pledge to always stay away from electronic cigarettes and teach my friends how to say NO to vaping and to lead a happy, healthy drug-free life.

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Your Name