

# TOBACCO AND VAPING STINKS!

## WHAT IS TOBACCO?

Tobacco is a green leafy plant that is dried and ground up for use in tobacco products like cigarettes, cigars, snus and dip. These all contain addictive nicotine.



## WHAT IS VAPING?

Vaping is the act of inhaling the vapor produced by an e-cigarette, Juul or similar device. Electronic cigarettes make a smoke-like vapor which people inhale. The vapor has toxic chemicals, flavors and nicotine.



## WHAT IS NICOTINE?

Nicotine is a highly addictive drug found in tobacco and vaping products. It is more addictive than heroin. After users become addicted, the brain craves more to feel "normal."



## Both Vaping and Nicotine Have Lasting Consequences

### SHORT - TERM EFFECTS

- Increased heart rate
- Slowed circulation
- Headaches
- Bad breath
- Stained, rotten teeth
- Yellowed fingers
- Wrinkled skin



- Lung disease
- Heart disease
- Oral cancer
- Emphysema
- Arteriosclerosis
- Strokes
- Kidney disease
- Pancreatic cancer

### LONG - TERM EFFECTS

**Tobacco and vaping are responsible for more than 8,000,000 deaths each year.**

## LOOK OUT! Tobacco Is Everywhere!



You might see scary pictures of it on billboards, in magazines, outside the gas station, on the radio, at a baseball game or even on TV.

Images and ideas used to lure young people include bright colors, smiling models using vapes, characters in movies and TV, and slogans such as "everything changes" and "Kooler than ever."



These ads make tobacco seem like it tastes good, is fun and makes you cool, but they don't tell the truth. The real people who use tobacco are addicted, coughing, sick, fidgety.



## REFUSE TO USE!

Saying "no" when someone wants you to try tobacco or vaping is very important. But it isn't always so easy. Here are some easy ways to say no:

### Just Say No Thanks

Be polite and just tell the person you aren't interested. It might seem simple, but it's effective.

### Ask For Something Else

If someone wants you to smoke or vape, ask for a soda instead. It's a great distraction.

### Make an Excuse

Say you have to leave or that your parents are really strict about the stuff.

### Make a Joke

Humor is a great way to say no. Make a joke about how you actually enjoy healthy breathing.



**Never Smoked Tobacco or Vaped? Don't Start. It is Truly Not Worth it.**