

VAPE-FREE AND HAPPY ME!

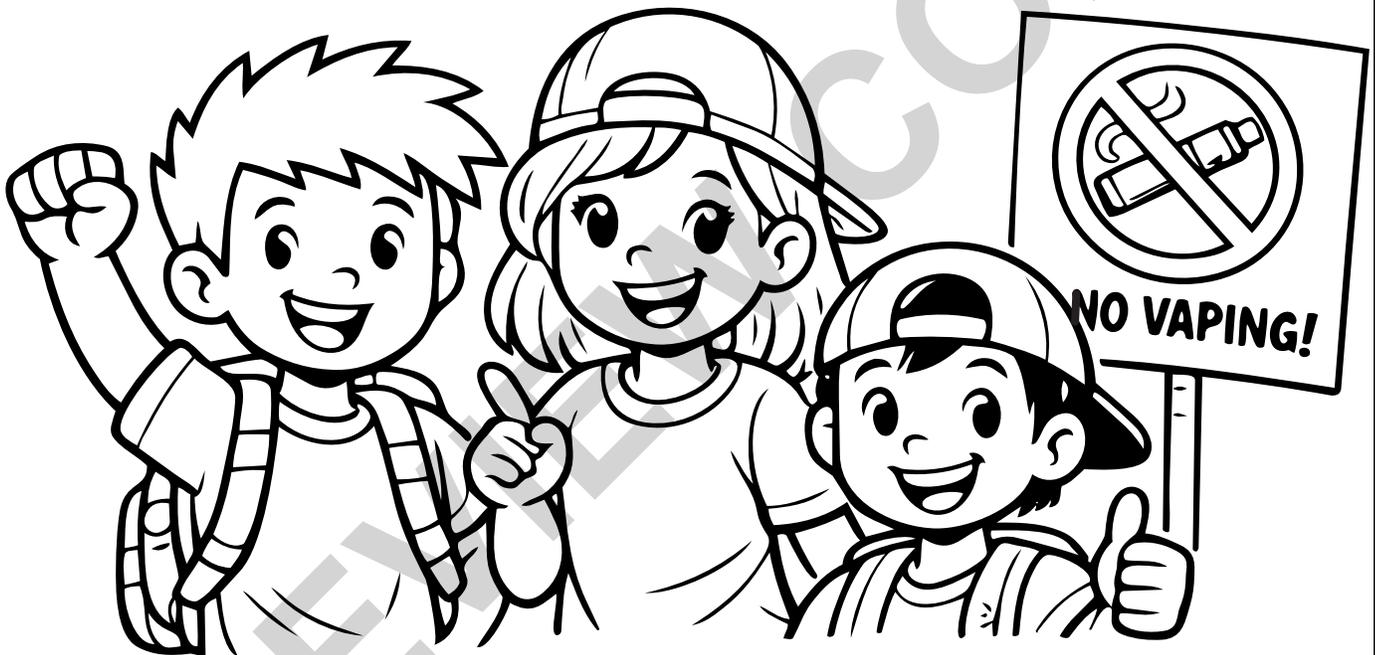


Coloring & Activity Book

PREVIEW COPY

Hi! We're the Vape-Free Crew!

We choose healthy habits
and help others stay strong.



I'm part of the Vape-Free Crew!

MY NAME:

Color us and write your name to join the crew!

What is Vaping?

CROSS OUT the vapes.
COLOR the safe items.



Don't Be Fooled!

Companies try to make vaping look fun or cool.

Cross out the tricky messages!



It's harmless

Safety first

Everyone does it

Ask an adult for help

It's just flavor

It's not for kids

It's just water vapor

Healthy choices matter

Try cool flavors

It smells good

It hurts your lungs

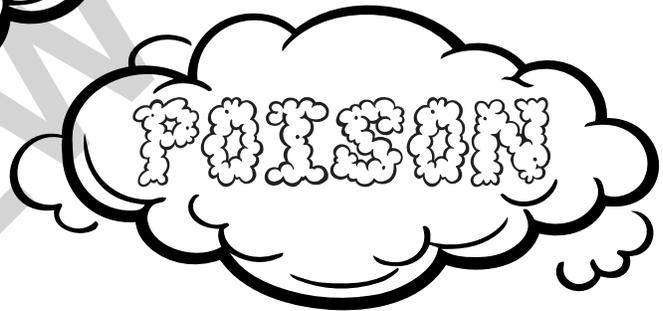
Clean air is better

Focus on health

It's safer

Vaping is fun

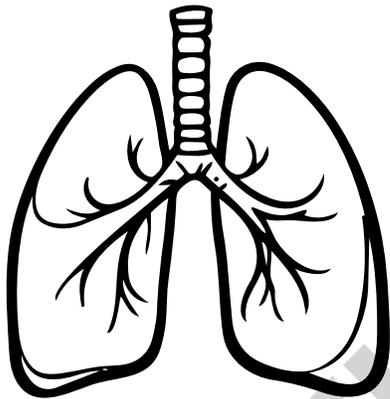
Vape Clouds Are NOT Just Water!



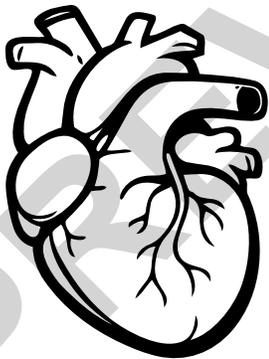
**Color the clouds and
circle the unsafe words.**

Vaping Harms Your Body

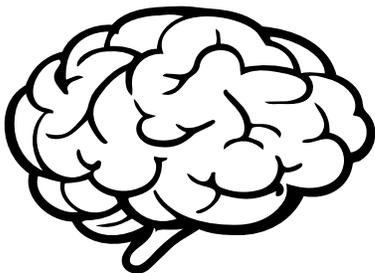
Color the body parts that vaping hurts.
Draw a line from the body part to the damage that vaping does.



**Hurts
your brain**



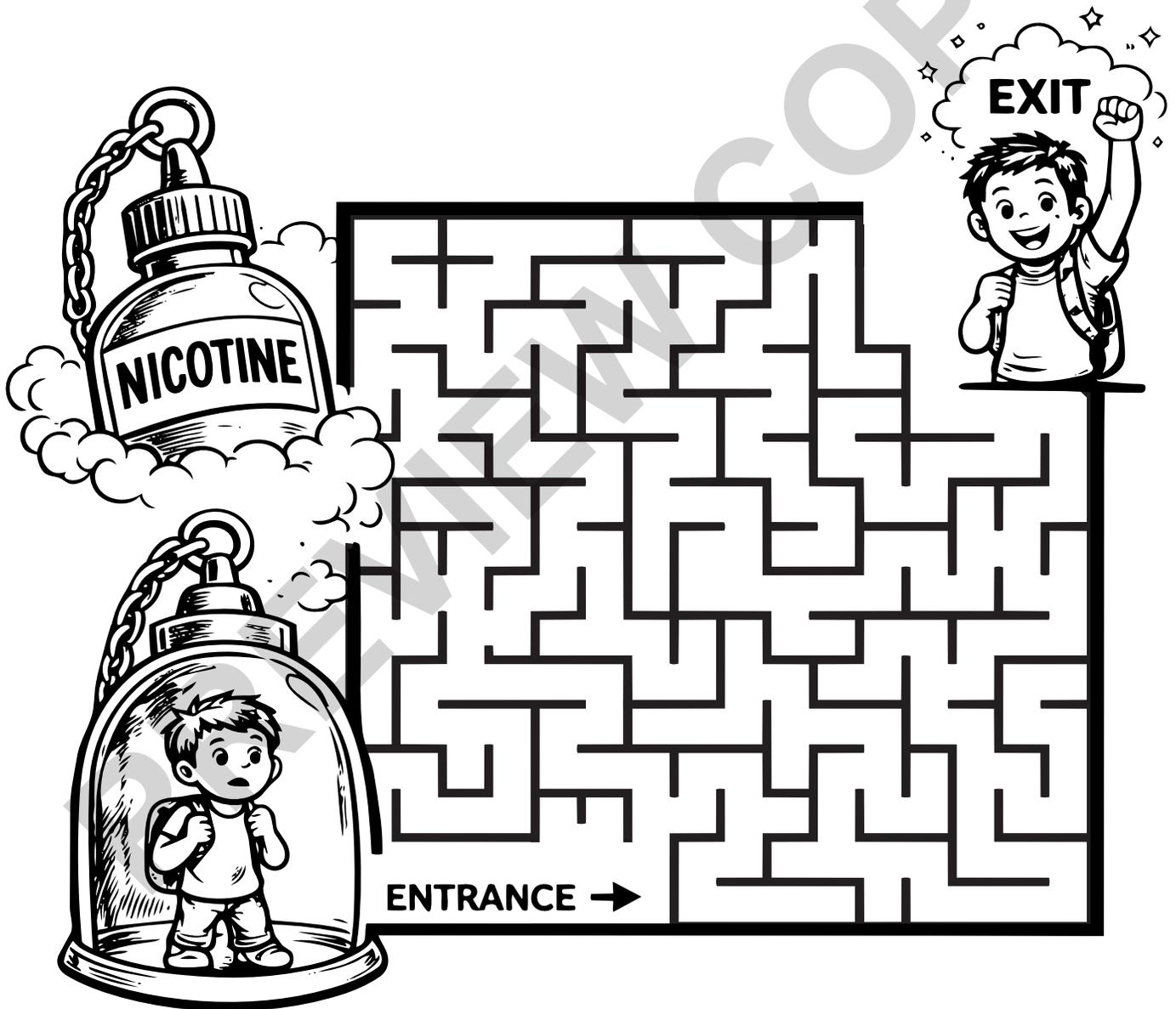
**Makes it
harder to breathe**



**Damages
your heart**

Nicotine Hooks the Brain

Nicotine tricks your brain and makes quitting hard.
It can be like a maze that is hard to get out of.



Help the boy escape the nicotine trap.

Choose Fun, Healthy Activities!

When you make smart choices, you can spend more time with your friends or doing what you love.



Sports



Music



Drawing



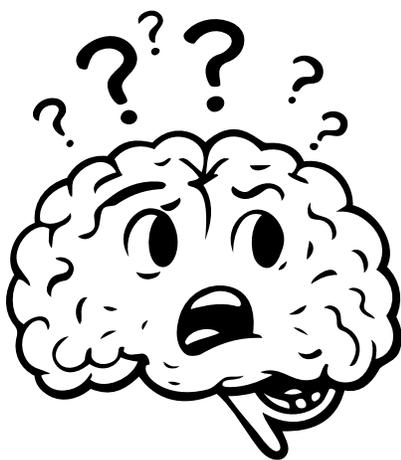
Playing Outside

Color all the images of the Vape-Free Crew doing what they love.

Feeling & Focus

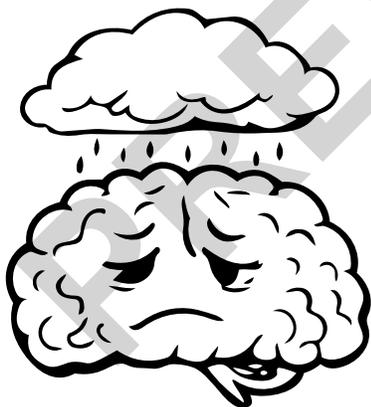
Nicotine Can Affect Your Feelings

Fill in the blank below each image with a word that describes how nicotine makes a person feel.













Stressed Anxious Frustrated Confused Depressed Low-Mood

Strong Choices, Strong Friends

Good Friends Help Each Other



Friends help each other say no



Friends play together

Draw a line to match the smart choice to what happens:

Choice

- Saying no
- Playing outside
- Protecting your brain
- Protecting your body
- Not doing risky things

What Happens

- Doing better in school
- Staying healthy
- Staying safer
- Feeling proud
- Enjoying sports



Friends support each other

Vaping is Expensive

Not only is vaping bad for your mind and your body, it is also very expensive. When you say no to vaping, you save your money for things that are fun and healthy.



Create a list of five things that you can do with the money you can save when you say no to vaping.

1. _____
2. _____
3. _____
4. _____
5. _____

Clean Air is Important

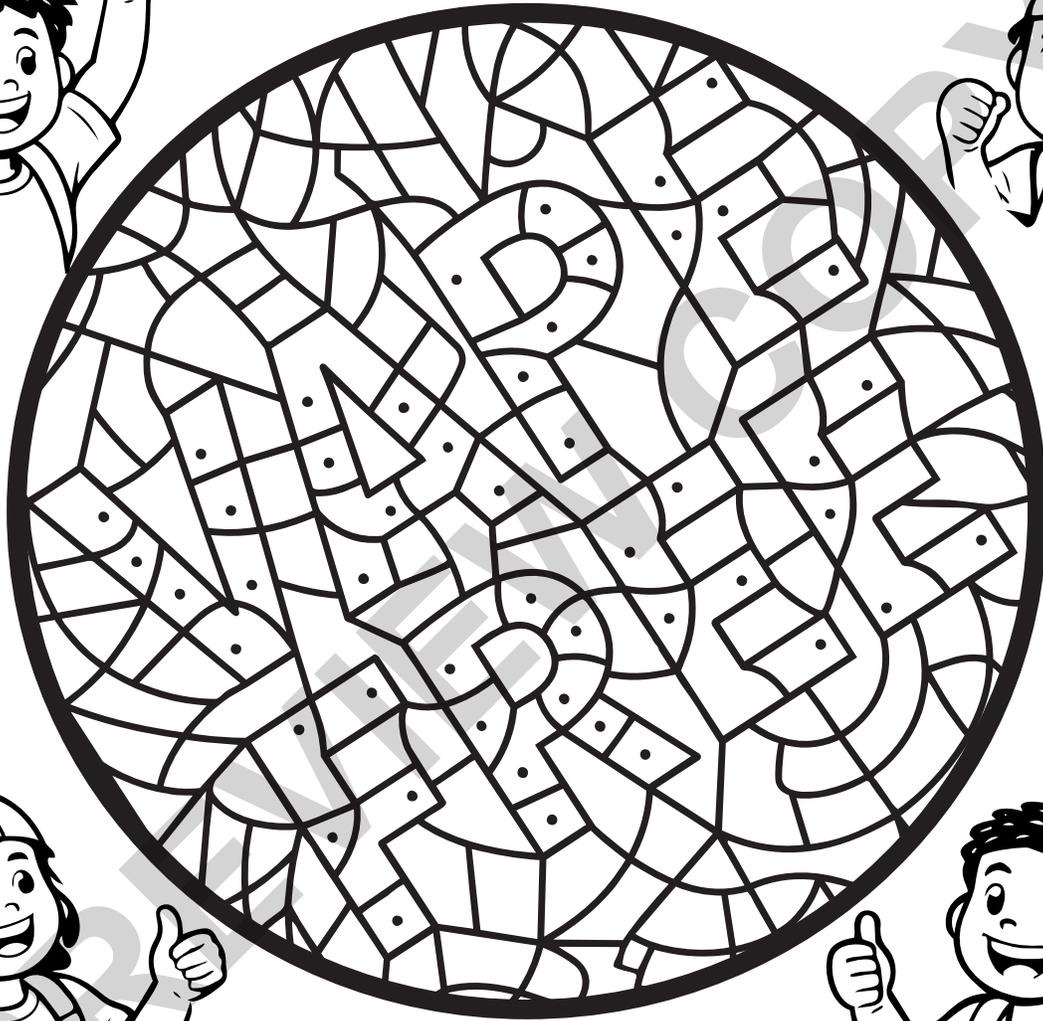
When you say no to vaping, you help to keep the air clean. You protect your body and you help other people stay healthy.



Color in the image of the Vape-Free Crew playing in a park that is filled with clean air.

Use Your Vape-Free Power!

Find the secret message in the picture below.



Color in all of the areas that have a dot in them to reveal a secret message.



If someone offers you a vape...

Say no, walk away, and tell an adult you trust right away.

Always remember that good friends want you to make good choices. If someone tries to get you to vape, they are not your friend.



Write down the three things that you will do if someone offers you a vape.

1. _____
2. _____
3. _____



Be Positive! Be Happy! Be Vape-Free!

Color Each of the Messages Below



I CHOOSE HEALTH.

MY BODY MATTERS.



CLEAN AIR IS BETTER.

I THINK FOR MYSELF.



I STAY STRONG.

VAPE-FREE IS FOR ME.





Share With an Adult

Congratulations!! You have successfully completed all of the activities and you now understand why it is important to stay vape-free.

There are only two things left to do before you can be a member of the Vape-Free Crew:

- 1) Show a parent or another important adult in your life all of the great work that you've done.
- 2) Remind them that there are many important things that they can do to help you stay vape-free.
 - Create an environment of honest and open discussion
 - Model good behavior
 - Talk about the dangers of vaping
 - Answer any questions that you may have about vaping
 - Talk to their school about its anti-vaping policies
 - Actively encourage healthy choices



YOU DID IT!

The Vape-Free promise

This is to certify that

_____ has successfully completed all of the activities in this activity book and is now officially a member of the Vape-Free Crew.

As a member of the Vape-Free Crew, they promise to always say “no” if someone offers them a vape. They also promise to tell an adult they trust.

Vape-Free Crew members promise to support all of their friends in making healthy choices.

Congratulations!! You have successfully completed all of the activities, and now you understand why it is important to stay Vape-Free.

_____ Date

_____ Signature



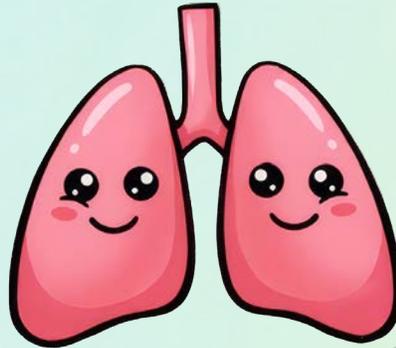
PREVIEW COPY

Vape-Free Crew!

Say "NO" to Vaping!



**Avoid Harmful
Chemicals**



**Keep your
Lungs Healthy**



Save Money

Be Smart. Be Healthy. Be Vape-Free!

PREVIEW