

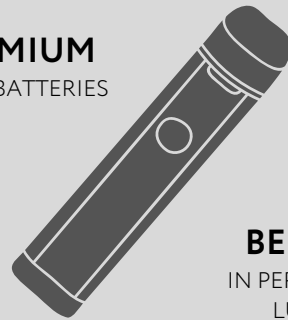
Learn More About E-cigarettes & Vaping

VAPING IS NOT JUST WATER & FLAVORING

LITHIUM
ROCKET FUEL



CADMIUM
LIKE IN BATTERIES



ACETONE

NAIL POLISH REMOVER



LEAD
AS IN LEAD
POISONING

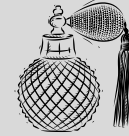


SILVER
AT LEAST IT'S
NOT BRONZE



ARSENIC

ALSO FOUND IN BUG SPRAY,
YUM



BENZALDEHYDE

IN PERFUMES, MAYBE MAKES
LUNGS SMELL NICE?



NICOTINE
DRUG

AND THATS JUST SOME OF THE INGREDIENTS

DO YOU KNOW THE LONG-TERM SIDE EFFECTS OF VAPING?

One disposable vape can have the same amount of nicotine as
50 cigarettes.*

99% OF ALL E-CIGARETTES SOLD CONTAIN NICOTINE*

Why is this a problem for me?

- Nicotine is addictive - once you start it's hard to quit due to withdraws
- It harms the development of your young brain
- Feelings of anxiety & depression worsen
- Cough, wheezing, headaches, sore throat, and other physical symptoms from vaping

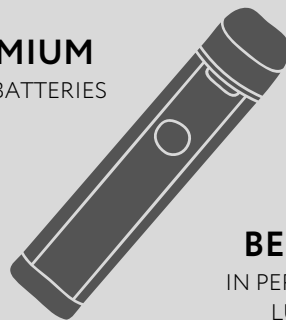
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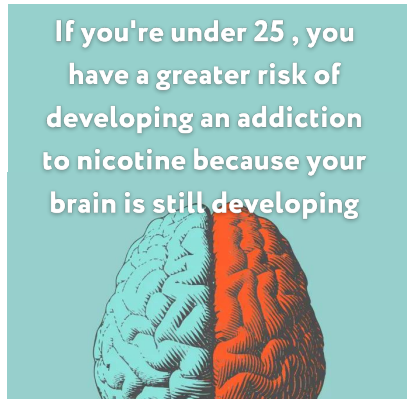
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You can make a difference!



Join Kosciusko VOICE to promote the fight against tobacco companies who target youth like us. As a voice member you can gain skills in advocacy and leadership, build your college application, travel, make new friends, and more. Scan the QR code or visit Livewellkosciusko.org/voice to join or learn more.



RESOURCES



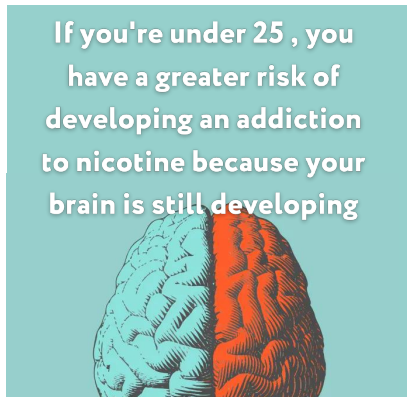
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