

Don't be



Stand With Me
Be Drug Free.

The Power of Making Good Choices



by




Vaping

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2018 Poster Contest Grand Prize Winner

What are E-Cigarettes?

Electronic devices that heat a liquid that usually contains nicotine, flavorings, and other chemicals that produce an aerosol, or mix of small particles in the air.



Most have a battery, a heating element, and a place to hold a liquid.

**Who are
are they marketing to?**



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Photos courtesy of: tobaccofreeca.com

Vaping: Going Beyond the Cloud of Misinformation



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**1 JUUL POD =
20 CIGARETTES**
WORTH OF NICOTINE



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DISPOSABLE
WARNING:
This product contains nicotine. Nicotine is an addictive chemical.

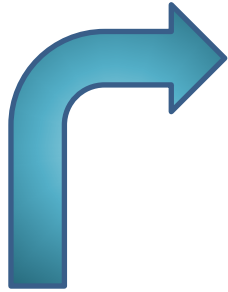


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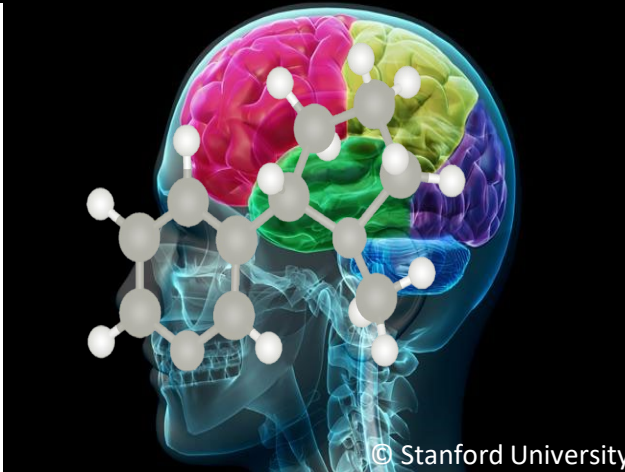
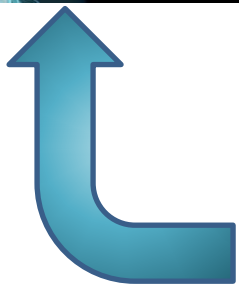
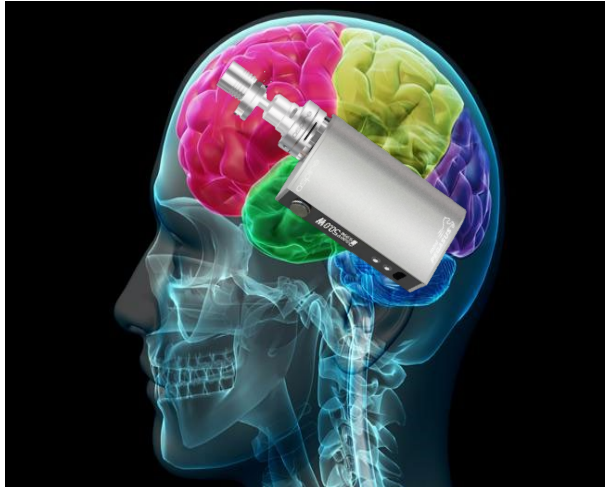
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What's in the e-Liquid?

- Nicotine
- Marijuana concentrates
- Illicit drugs



The Cycle of Addiction



Vaping

It's not just a water vapor cloud

Heating Up

Particulates Metals

As with cigarette smoke and other air pollution, the tiny particles in e-cigarette vapor may be harmful. These harmful particulates can cause blood vessel damage, inflammation, and nervous system effects.

E-cigarette vapor has similar levels of particulates as regular cigarettes.

- Acetaldehyde: Another probable carcinogen
- Acrolein: Formed from heated glycerin, acrolein can damage the lungs and contribute to heart disease in smokers.

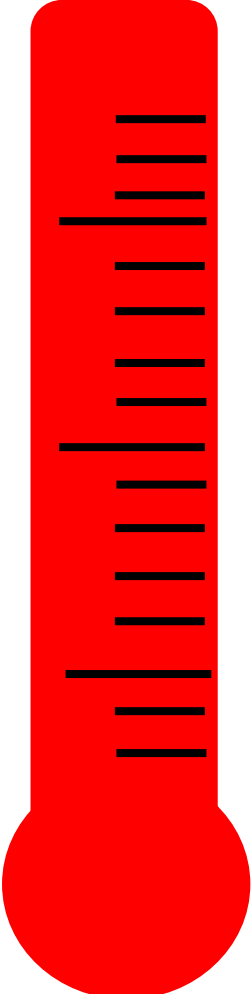
What are the Health Concerns?



Vaping: Going Beyond the Cloud of Misinformation

Signs of Nicotine Poisoning

Depending on exposure level (mild to severe)

- 
- Nausea, vomiting, abdominal pain, diarrhea
 - Skin irritation and redness, burning sensation in the mouth, throat, and stomach
 - Headache, dizziness, confusion, agitation, restlessness, loss of balance, difficulty walking, visual and hearing distortions
 - Shallow breathing, slow heart rate, abnormal heart rhythms
 - Lethargy, weakness, paralysis, coma
 - Death

Mild Nicotine Poisoning

“Every time I rip Juul for however long, I get a weird, stuck feeling in my stomach and it gives me a light stomachache.”

“I got some juice in my system last night and felt like &^%\$. And got nicotine in my lips and some in my mouth.”

“Feel sick after hitting it for a while. Especially to my stomach.”

“I'd get the spins and I'd feel almost drunk and very nauseous which I absolutely hate.”

Popcorn Lung



Lung Damage

NORMAL LUNG



"I told every doctor that I went to ju
"I tried it another time and
is then another time. It's just
th remembering that you
a don't need it. Like, it's
e going to kill you."
stop vaping."

I WANT TO
START A
NO VAPING
CAMPAIGN

Addiction Can Go Unrecognized



“It’s not like I am constantly feeling like I have to do it. But I do probably go to the bathroom once every two hours or so to ‘Juul.’”

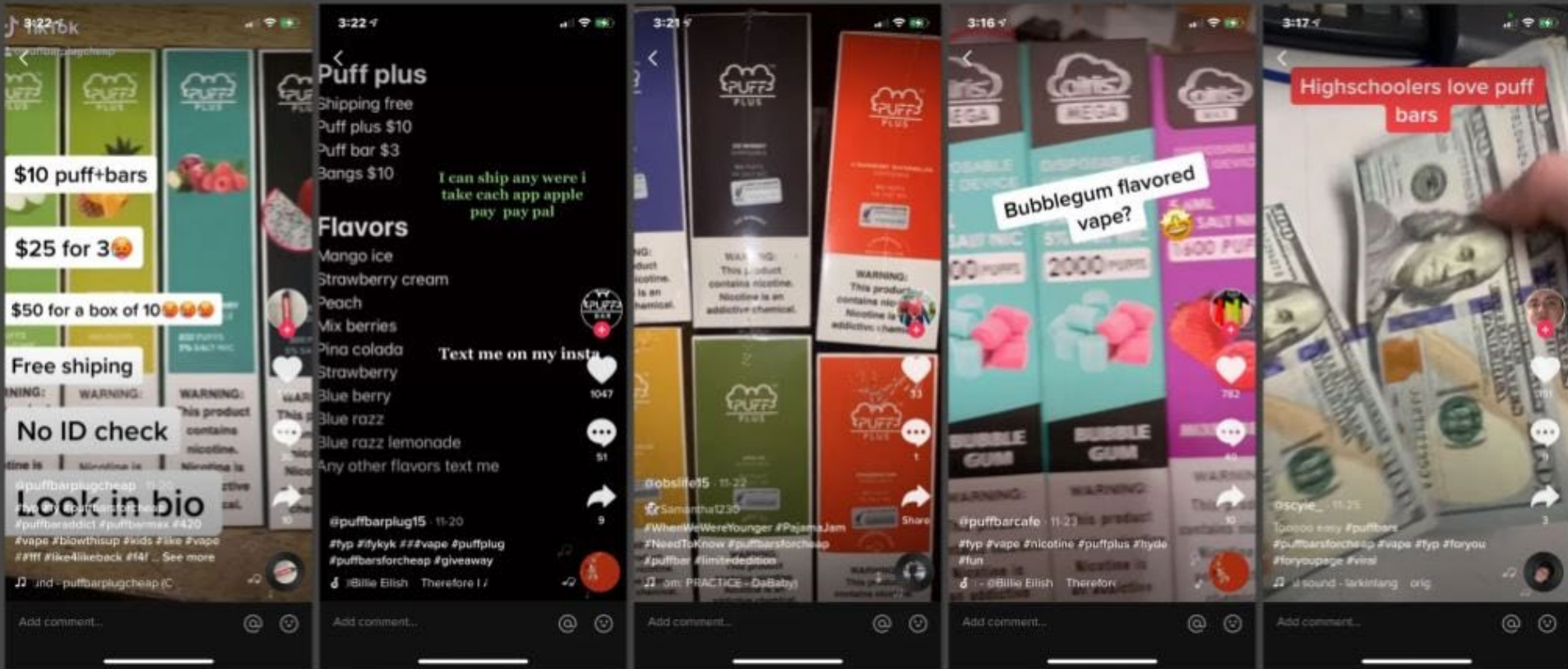
The two days he went without “it was all [he] could think about.”

The Depression Stick



Addiction

Marketing



WARNING: FOR ADULT SMOKERS ONLY. NOT FOR SALE TO MINORS. WARNING: This product contains nicotine derived from tobacco. Nicotine is an addictive chemical. CALIFORNIA PROPOSITION 65 WARNING: This product contains nicotine, a chemical known to the state of California to cause birth defects or other reproductive harm.

Vaping: Going Beyond the Cloud of Misinformation

Addiction Marketing



Vaping: Going Beyond the Cloud of Misinformation

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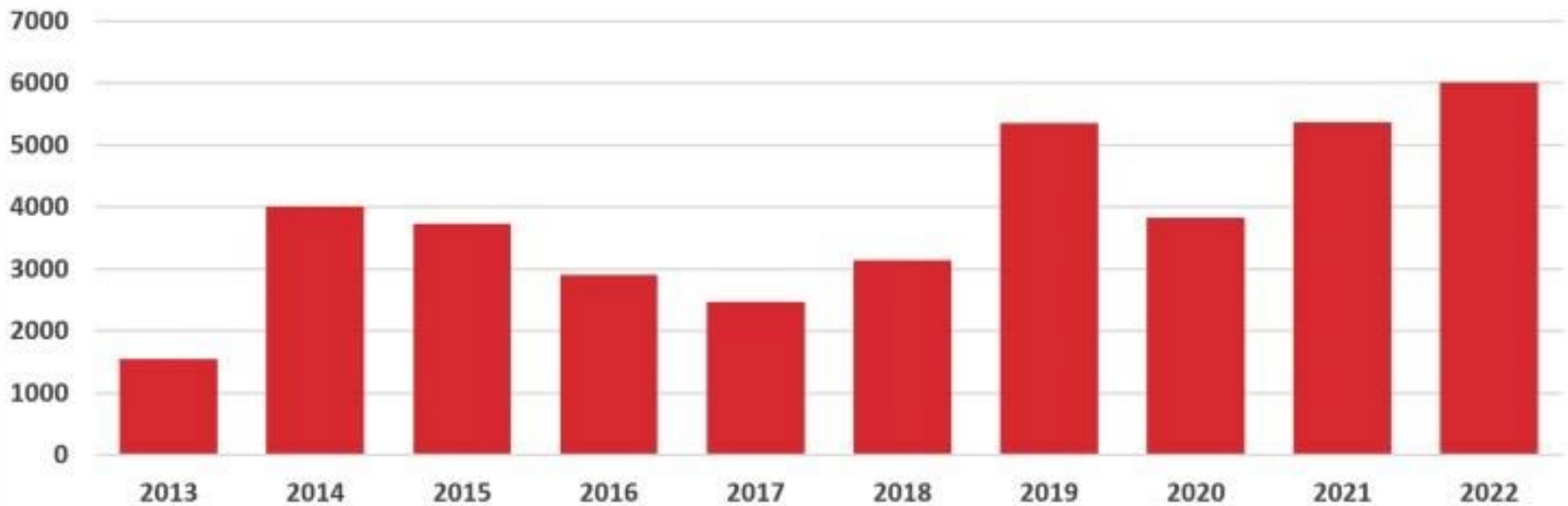


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Accidental Poisonings

Electronic Cigarette and Liquid Nicotine Cases

All Ages



National Poison Data System, American Association of Poison Control Centers.

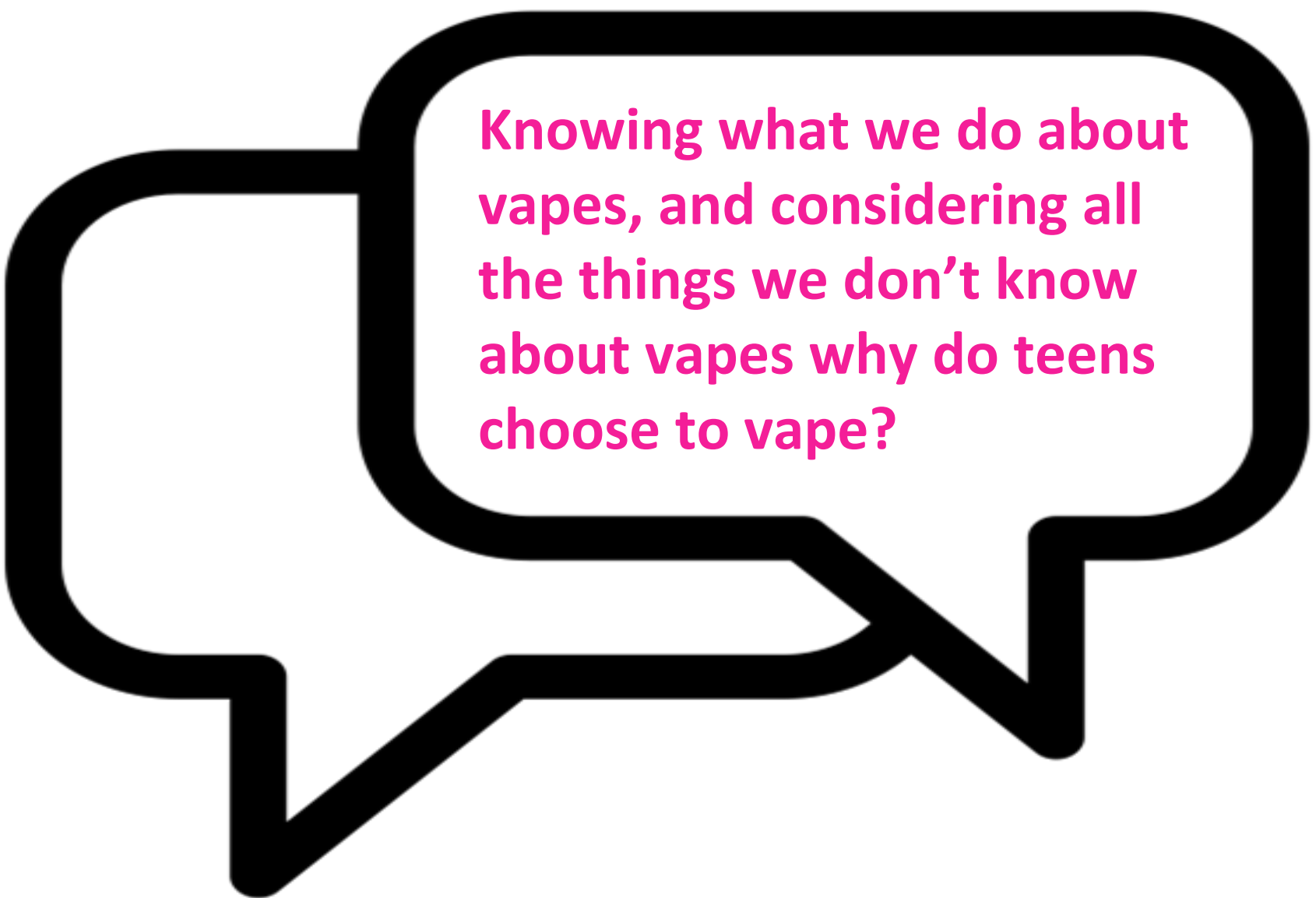
You can reach your local poison control center by calling the Poison Help hotline: 1-800-222-1222. To save the number on your mobile phone, text

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Secondhand Vape



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Knowing what we do about vapes, and considering all the things we don't know about vapes why do teens choose to vape?


What You Can Do



1. Talk to your friends about the real cost of vaping.
2. Be the positive influence & don't vape.
3. Learn more at LearnMoreAZ.org

A silhouette of a person in mid-air, performing a jump or a split leap, set against a vibrant sunset sky. The sun is low on the horizon, creating a bright orange and yellow glow. The person's shadow is cast on the ground below. The text "Ready to improve your quality of life?" is overlaid in white, sans-serif font, centered over the image.

Ready to
improve your
quality of life?

A background of white vapor or smoke trails, resembling a cloud of mist or steam, set against a dark background.

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START QUITTING NOW

- **Text DITCHVAPE to 88709 - This is Quitting** *(Available 24/7)*
Free texting service for teens wanting to quit vaping.
- **Text QUIT to 47878 - Smokefree TXT for Teens** *(Available 24/7)*
Free text message programs with tips and advice on quitting tobacco products.
- **Teen.Smokefree.gov.**
Online chat for those who want to quit tobacco and vaping.