

POUCHES COME WITH HYPE. AND HIDDEN HARMS.

WHAT YOUTH
SHOULD KNOW



MYTH

It's not like I'm smoking or vaping, nicotine pouches are harmless.

FACT

Nicotine pouches aren't harmless - they contain nicotine, an addictive drug that can harm brain development, memory, and concentration.

Quitting Is the Best Thing You Can Do for Your Health
NO NICOTINE PRODUCT IS SAFE FOR YOUTH.

If you want to quit, support is available.

• Contact the **Smokers' Helpline** for free and anonymous support. Call toll-free:

1-877-513-5333 or visit smokershelpline.ca

• Email or call PEI's **free quit smoking program** at quitsmoking@ihis.org /902-368-4319

Take a
Breath
LIVE WELL PEI

