

VAPING COMES WITH HYPE. AND HIDDEN HARMS.

WHAT YOUTH
SHOULD KNOW



MYTH

It helps me deal with stress and anxiety.

FACT

Nicotine gives a short buzz, then withdrawal causes anxiety and irritability. That 'stress' feeling makes you vape again, creating a cycle of craving and vaping.

**THE REAL POWER MOVE?
CHOOSE NOT TO VAPE.**

You deserve better than an addiction designed to control you. Protect your brain, your lungs, your money, and your freedom.

Quitting Is the Best Thing You Can Do for Your Health

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

