

VAPING COMES WITH HYPE. AND HIDDEN HARMS.

WHAT YOUTH
SHOULD KNOW



MYTH

I only vape with friends on the weekend or at school; I won't get addicted.

FACT

You can become addicted after vaping just once or twice, and since your brain is still growing, nicotine can change how it develops.

**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](https://smokershelpline.ca) 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](mailto:quitsmoking@ihis.org) at quitsmoking@ihis.org /902-368-4319

Take a
Breath
LIVE WELL PEI

