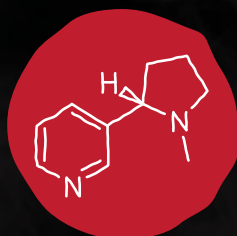


VAPING COMES WITH HYPE. AND HIDDEN HARMS.

WHAT YOUTH SHOULD KNOW



MYTH

I only take a few puffs when I vape, so I'm not getting that much nicotine.

FACT

One disposable vape can contain as much nicotine as 150–300 cigarettes, meaning a few puffs could equal one cigarette. The more nicotine you use, the easier it is to get addicted.



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.



MYTH

All my friends vape.

FACT

Vape companies use influencers to make vaping look normal, but most young people stay vape free because they know the risks.

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

