

POUCHES COME WITH HYPE. AND HIDDEN HARMS.

WHAT YOUTH
SHOULD KNOW



MYTH

You can't get addicted to nicotine pouches.

FACT

Nicotine is addictive in every form, including pouches. Because the brain develops until about age 25, young people feel nicotine's effects more strongly, making it easier to get hooked and harder to quit.

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

