

## WHY IS VAPING HARMFUL?

Vapes can expose your lungs to harmful chemicals such as formaldehyde and acrolein and toxic metal particles such as chromium, nickel, and lead

Vaping can expose you to cancer-causing chemicals, metals that are known to be toxic to your lungs, and seriously addictive levels of nicotine. Some users experience coughing and wheezing, nausea, vomiting, headaches, and dizziness.

Many vapes contain Nicotine – the same highly addictive drug found in cigarettes. One pod = 20 cigarettes plus vapes deliver nicotine to the brain three times faster. If you vape, you could be on track to smoking cigarettes.



## WHY IS NICOTINE SO DANGEROUS?

Nicotine changes how your brain works. Nicotine largely affects the area of the brain responsible for attention, memory, learning, and brain plasticity. Nicotine also reduces brain activity – which negatively impacts cognitive function and development.

Nicotine use can lead to hypertension, diabetes, obesity, neurobehavioral defects, infertility and respiratory failure.

Nicotine is a stimulant found in tobacco plants that is just as addictive as cocaine or heroin. Teens are susceptible to nicotine addiction because of their brains – adolescent brains are still *developing* brains. Your brain and body will experience symptoms of cravings once you form a tolerance to nicotine. Nicotine cravings can be uncontrollable.

## GETTING READY TO QUIT

Quitting may not be easy, but there are useful steps to take before quitting that can help.

### 1. Think about WHY you want to quit

Knowing the WHY will help motivate and keep you focused on quitting.

### 2. Make a plan

Making a specific plan to follow can help you stay on track. Personalized plans can be found at [teen.smokefree.gov](https://teen.smokefree.gov)

### 3. Build a support system

Surround yourself with people who can make it easier to quit. And don't be afraid to ask for help.

### 4. Positive Affirmations

Try to keep your inner dialogue positive. Practice affirmations, and reward yourself for making progress!



## DO YOU WANT TO QUIT?

YOU CAN DO IT.

There is help, support, and guidance available.

Ellington Youth Services is dedicated to helping our youth and teens quit vaping. We have two on-staff Tobacco Treatment Specialists who can provide individualized guidance through your quitting journey.

Everyone may have different reasons why they started or continue to vape. Through individualized guidance, we can help you: deal with cravings and withdrawal, understand triggers, and introduce tools to help cope with anxiety, stress, and/or depression.

Other resources to help quit include:  
[teen.smokefree.gov](http://teen.smokefree.gov)  
[thetruth.com/vaping](http://thetruth.com/vaping)

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## ACKNOWLEDGMENTS

[therealcost.betobaccofree.hhs.gov](http://therealcost.betobaccofree.hhs.gov)  
[teen.smokefree.gov](http://teen.smokefree.gov)  
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# TAKE CONTROL Make a Plan

Learn how vaping  
is harmful & how to  
take back control of  
your life without it.