

19

You if
you don't
vape

CHOOSE HEALTH OVER CLOUDS

Clear lungs,
clear mind

blue raspberry vape

vroom!

you
if you
vape

vaping can
cause throat and
mouth irritation, headache,
cough, and nausea. Long
term diseases include
cancer, cardiovascular,
respiratory, popcorn lung,
and other diseases.

Interior Health



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for more youth resources and
information on substance use



CANNABIS

is

addictive

BE SMART. DON'T START.

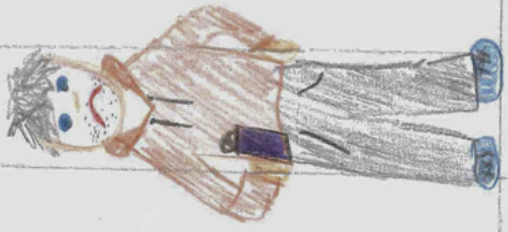


WARNING

- HALLUCINATIONS
- IMAGED MEMORY
- DEPRSSION
- RESPIRATORY
- DISEASES
- RISK OF CANCER
- AND MORE...



JAIL

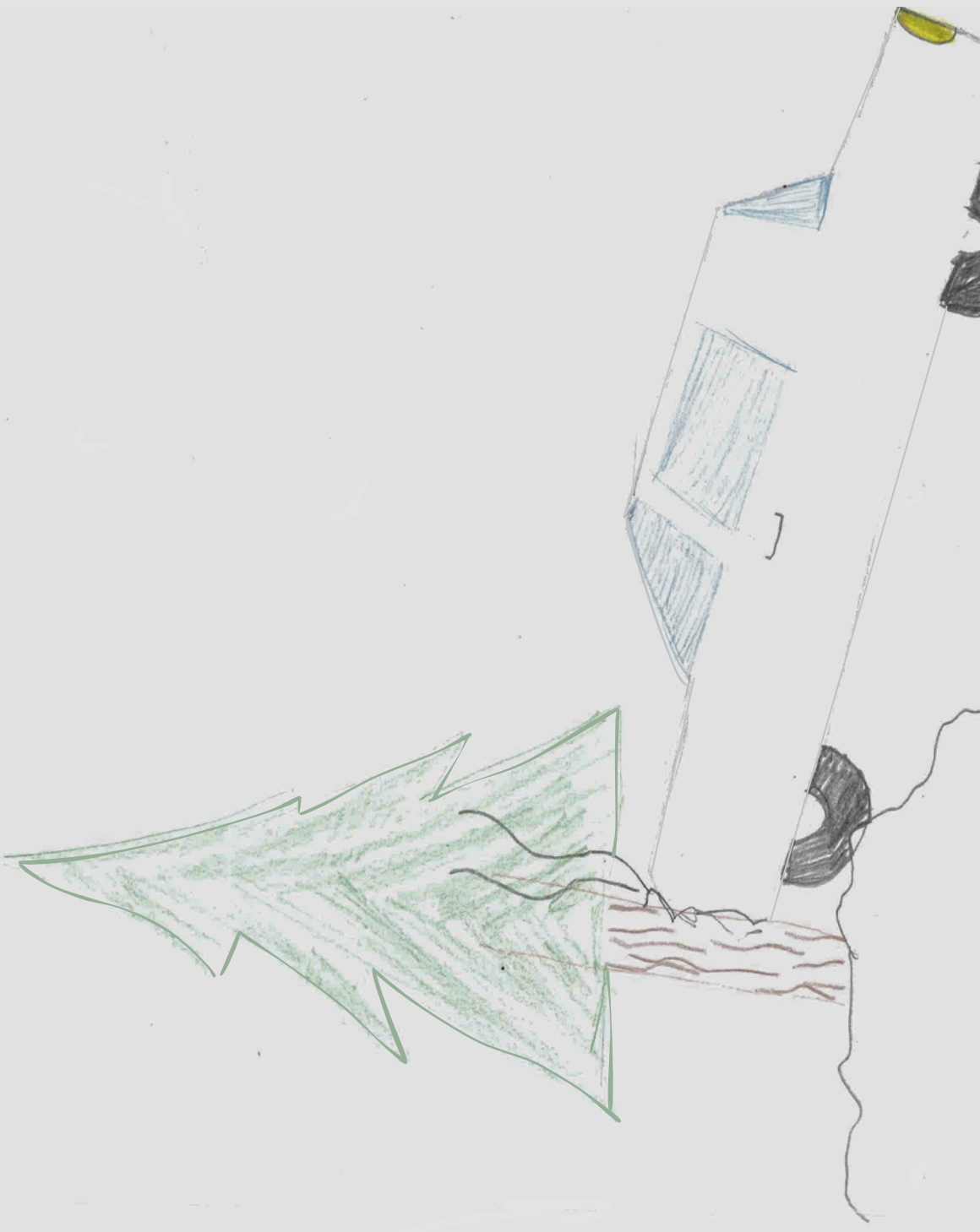


Alcohol makes
you do things
that you normally
wouldn't do.



Make the right
decision and
don't drink Alcohol.
Stay in sports!

DON'T DRINK
AND
DRIVE



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Say **NO** to Tobacco

Climate change is causing global weather patterns to vary, causing concerns like drought, flooding, wildfires and storms affecting air quality, clean water and food security. Commercial tobacco has a huge impact on our environment and climate change. It is not just about the lives of tobacco users and those around them, tobacco can no longer be categorized simply as a health threat, it is a threat to our world. Don't be the person who makes the world darker, be the person who helps save it.

Don't make our world an ash pit

Every year the tobacco industry costs the world more than 8 million human lives

loss of biodiversity

soil erosion and degradation

Tobacco is killing us and our planet

Over 6,000 people die per year in our province due to tobacco smoking

water pollution and increases in atmospheric carbon dioxide.

lung cancer

Tobacco use is the leading contributor to chronic diseases in B.C.



DONT LET YOUR LIFE
GO UP IN SMOKE



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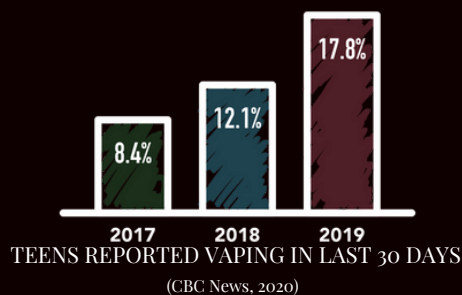


VAPING

DANGERS TEENS FACE

SERIOUS FACTS

- Canada Has The **Highest** Vaping Rate In The World
(CBC News, 2020)
- 1 in 4 Highschool Students reported Vaping In Canada
(CBC News, 2020)
- 29% Of Students Have Tried E-Cigarettes
(CBC News, 2020)

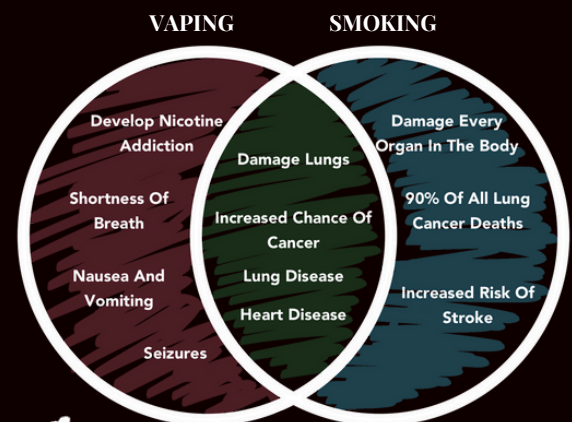


DANGERS

- Explosions
- Addiction to Nicotine
- Exposure to Harmful Metals and Chemicals
- Burns
- Lung Damage
- Sore Mouth or Throat
- Cough
- Shortness of Breath
- Nausea

VAPING VS. SMOKING

Both smoking and vaping are harmful to the human body, such as damage to the lungs and increase **risk of cancer**. Although, studies show vaping can become more addictive than smoking. Vaping can reduce the amount of chemicals a person inhales but increase their **dependence on nicotine**.



EFFECTS ON BRAIN

Vaping greatly affects the way your brain functions, it can restrict your ability to **learn** and **concentrate**. These changes are **permanent** and can overall affect your **mood** and increase **nicotine dependence**. Nicotine affects the areas in your brain relating to **reward process** and **cognitive control**, regulating **emotion, motivation**, and **impulses**.



LAWS AND REGULATIONS

- Maximum Nicotine Concentration Of 20mg/mL For Vaping Products
- Advertising To Youth Is Prohibited
- Prohibited In Public Buildings And Workplaces
- Its Illegal To Sell Or Provide Vapeing Products To Anyone Under The Age Of 18

POPCORN LUNG

Diacetyl, a chemical originally used during the production of butter-flavoured popcorn was linked to various **deaths** and cases of bronchiolitis obliterans (lung disease) among factory workers. Vaping exposes users to diacetyl through the vapors causing **irreversible lung disease** resulting in coughing, wheezing, and shortness of breath. The vapors cause scarring in small air sacs in the lungs which thicken and narrow the airways.

THE PRESSURE FACTOR

Teens may feel pressured to try things they are not comfortable with, these my stem from:

- School Stress
- Home Life Responsibility
- Family Pressure
- Social Media
- Desire To Fit In

CONTROLLING ADDICTION

It is recommended to talk to someone you trust about your addiction whether that may be family or friends. They may care more about your health and safety than you do yourself.

13%

AGED 15 - 19 ARE REPORTED USING
E - CIGARETTES IN CANADA
(Legacy For Airway Health)

3K
AUG 2019 - MAR 2020

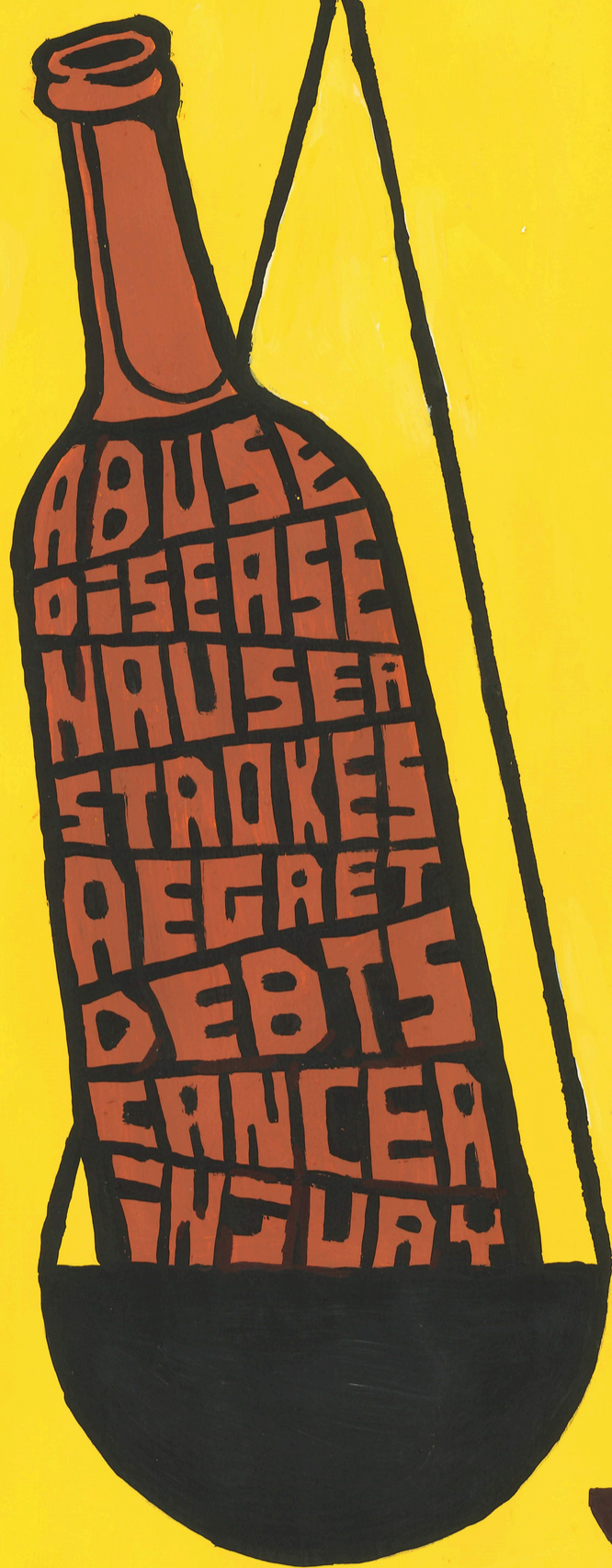
CASES OF VAPING LUNG INJURIES
WERE IN US AND CANADA
(Canadian Paediatric Society)



REACH OUT

BC Youth Support - <https://www2.gov.bc.ca/gov/content/vaping/youth-support>
Chat with a Quit Now Coach - (1-877-455-2233)



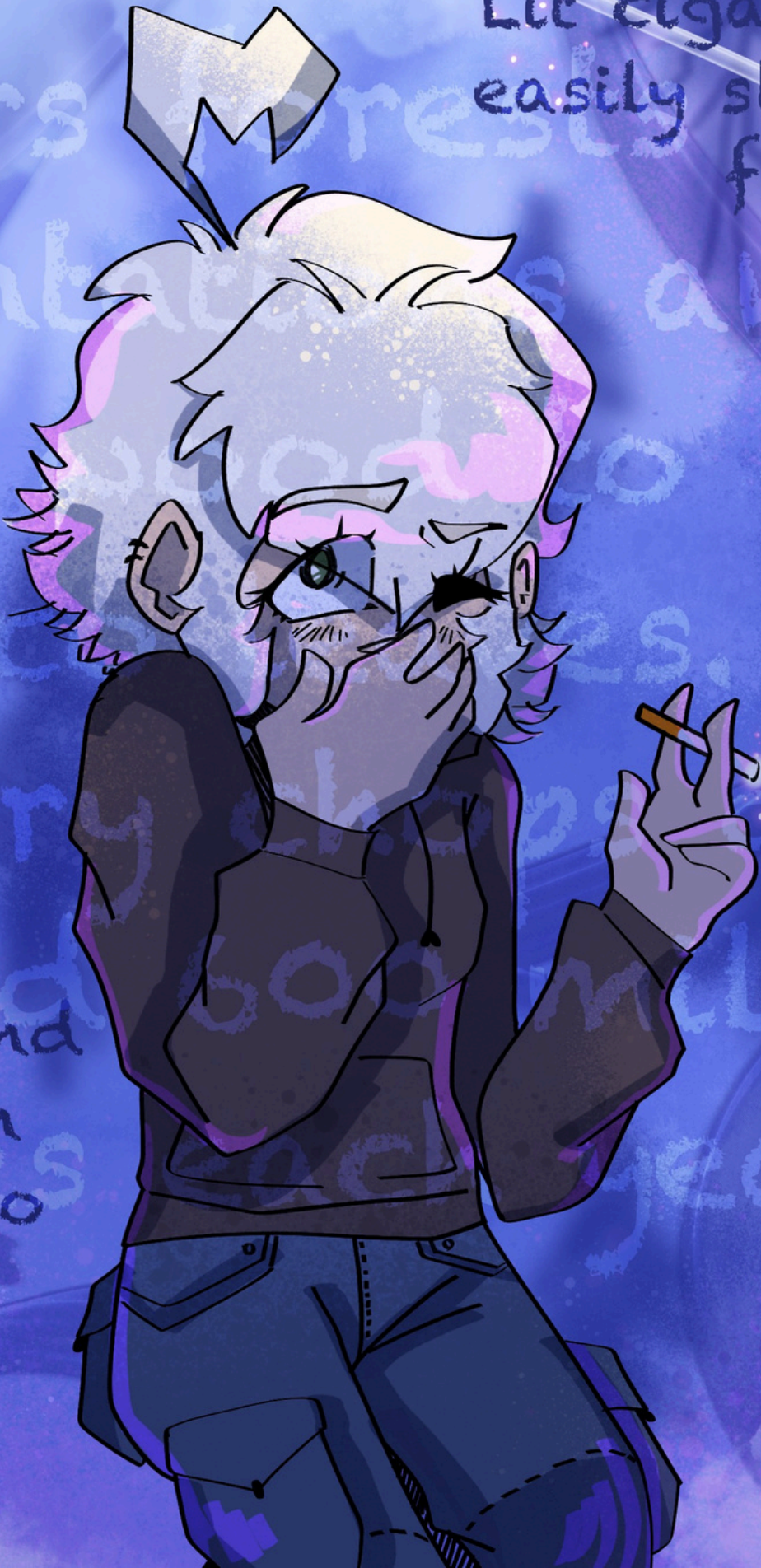


**DONT LET
YOUR HABIT
WEIGH YOU
DOWN.**



Smoking causes damage to your lungs, and the environment

Lit cigarettes can easily start forest fires



Tobacco production and consumption contributes to water pollution.



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