



# National Prevention Week


Prevention That's Out of This World!



Moebie, I'm afraid to ask but... what about e-cigarettes? Are they bad? I heard that they are just water and flavoring...



You CANNOT be serious, Morphus. After everything that's been in the news about vapes lately? No, e-cigarettes should NOT be used by teens!




First of all, most e-cigarettes contain nicotine, a HIGHLY ADDICTIVE substance! They also contain...

Did you know more than 3.6 million teens used e-cigarettes in 2018? That's a 78% increase from 2017!

...AND...Did you know that 1 Juul pod has the same amount of nicotine as an entire pack of cigarettes

Formaldehyde, acrolein, and acetaldehyde, glysol, glycerin and other chemicals...GROSS!

...AND...Vaping affects sports performance--nicotine causes constriction of arteries and speeds up heart rate



Take a breath Moebie! But really, that is all pretty gross and teens should steer clear!

Day 4: Prevention of Youth Tobacco Use

All facts from CDC, SAMHSA, and NIDA

