

VAPING MYTHS



MYTH Vaping is safer than cigarettes.

FACT Vapes are unsafe and highly addictive—especially for a teen, whose brain is still developing.

MYTH The only toxic chemical in vape juice is nicotine.

FACT Vape juice contains 31 chemicals or more. Some, such as formaldehyde, become toxic when heated.

MYTH The flavoring in vapes is harmless.

FACT Vape products get their flavoring from chemicals, which are not safe.

MYTH Vaping helps with anxiety and depression.

FACT Vaping can actually increase or worsen anxiety and depression.

MYTH Vaping doesn't have any negative impact to your physical well-being.

FACT Studies have shown that those who vape have lower fitness levels and higher blood pressure.

MYTH Teens who vape can easily focus because they vape.

FACT The nicotine in vapes makes it harder to focus, causing brain fog.

MYTH Anyone can legally purchase vapes.

FACT Texas law requires that you must be 21 years old to buy a vape.

MYTH The nicotine in one vape pod is equal to 10 cigarettes.

FACT Most vape pods are equal to 30 cigarettes, which is more than a pack.

READY
TO DROP THE
VAPE?

Visit vapesdown.yesquit.org