



Vapes Down Campaign Content for Stakeholder Newsletters

Newsletter Feature:

Tools to Help Teens Quit Vaping

Parents, educators, and community leaders want to know: What's in a vape? How is it affecting teens' health? How can I help teens quit vaping?

The Vapes Down campaign is a public awareness initiative of the Texas Department of State Health Services designed to answer these questions and empower you to make an impact in your community. The campaign offers a toolkit that includes posters, flyers, videos, and social media content developed to help teens and young adults make informed decisions about vaping. Download it now on the [Vapes Down Toolkit webpage](#).

The toolkit covers topics like nicotine addiction, the physical and mental health impacts of vaping, and the harmful chemicals vapes contain. Here are just some of the important messages for teens contained in the toolkit:

- Vaping causes stress and anxiety, and can worsen symptoms of depression.
- Nicotine is a primary chemical in vapes. It is highly addictive and can affect brain development.
- Most vape pods contain about the same amount of nicotine as 30 cigarettes.
- Vapes can contain more than 31 hazardous chemicals, some of which are also found in pesticides, nail polish remover, gasoline, or batteries
- Buying tobacco and vaping products while under age 21 is illegal in Texas.

Every young person can choose a healthier future by choosing not to vape, and community leaders like you can play an important role in delivering that message.

To find resources on quitting, visit vapesdown.yesquit.org.

Newsletter Entry:

Tools to Help Teens Quit Vaping

Did you know that vaping causes stress and anxiety, and can worsen symptoms of depression? That's just one of the important messages for teens in the Texas Department of State Health Services Vapes Down campaign.

Parents, educators, and community leaders can play an important role in helping every young person to choose a healthier future by choosing not to vape. That's why DSHS created a toolkit including posters, flyers, videos, and social media content that can help young people make informed decisions about vaping. Download it now on the [Vapes Down Toolkit webpage](#).