



Vapes Down Campaign Email Template

for High School Principals, Middle School Principals, and District Administrators

Email Template:

Subject: Important Message About Vaping from [School Name or District Name]

Vaping is a serious health concern for teens today. Vape liquid contains several toxic chemicals that can harm a teen's physical and mental health.

[School Name or District Name] wants to raise awareness among students about the negative health effects of vaping. We want to help teens quit using vapes.

Facts about vaping:

Vapes can contain more than 31 chemicals, including nicotine, which is highly addictive and can affect brain development.

Most vape pods contain about the same amount of nicotine as 30 cigarettes.

Vaping can cause brain fog and worsen symptoms of depression.

Parents and students need to know vaping is not safe. Vaping can cause lung damage, cause stress and anxiety, lead to nicotine addiction, and permanently harm the parts of the brain that control mood

The Texas Department of State Health Services' (DSHS) Vapes Down campaign has resources for parents and teens about:

The dangers of vaping;

How to talk about vaping;

How to know if you are addicted; and

How to quit.

I encourage you to learn more by visiting the [DSHS vaping webpage](#).

Whether at home or at school, every young person can choose a healthier future by choosing not to vape.