



## Vapes Down Campaign Teacher Social Media Posts

### Video Direction

*Talking points for 1-minute direct-to-camera video address that links to [dshs.texas.gov/vaping](https://dshs.texas.gov/vaping)*

- It's important as parents and educators to present a clear, consistent message to teens about vaping.
- Vaping is **not** harmless for teens whose brains are still developing.
- Vaping is highly addictive and can harm long-term memory, athletic performance, mood, and mental health.
- We must help the teens in our life to never start vaping or to quit.
- The Texas Department of State Health Services has resources to help – click the link in this post or visit [dshs.texas.gov/vaping](https://dshs.texas.gov/vaping).

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### The Hidden Dangers of Vaping

Harmful chemicals in vapes can cause real damage to teens' lungs and developing brains. And nicotine is highly addictive. That's why I'm telling all of my students not to start vaping and sharing [vapesdown.yesquit.org](https://vapesdown.yesquit.org) with those who want to quit.  
#TeacherLife

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### Myths About Vaping

Post Option 1:

✗ **Myth:** Vapes are safer than cigarettes.

✓ **Fact:** Vapes are unsafe and highly addictive, especially for teens whose brains are still developing.

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Post Option 2:

✗ **Myth:** Vapes produce harmless water vapor.

✓ **Fact:** Vapes can contain 31+ toxic chemicals including heavy metals, volatile organic compounds, and ultrafine particles that can remain in your lungs.

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Post Option 3:

✗ **Myth:** Vaping helps with anxiety and depression.

✓ **Fact:** Vaping can actually cause or worsen anxiety and depression.

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Post Option 4:

✗ **Myth:** There are vapes that don't contain nicotine.

✓ **Fact:** 99% of vapes contain nicotine, and most vape pods contain as much nicotine as 30 cigarettes.

#MythBuster | [dshs.texas.gov/vaping](https://dshs.texas.gov/vaping)

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**Start the Conversation about Vaping**

Vaping is far from harmless – it can cause brain fog, dependency, and poor athletic performance, all of which can have negative consequences for teens' future. Need help with talking to your teen or students? Visit [dshs.texas.gov/vaping](https://dshs.texas.gov/vaping)

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**Learn the Facts About Vaping**

Teens who vape are at risk of issues with long-term memory, mood disorders, and addiction because their brains are still developing. 🧠 Learn the facts - visit [dshs.texas.gov/vaping](https://dshs.texas.gov/vaping)

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### **What's In a Vape?**

Vapes contain 31+ toxic chemicals that can harm teens' physical and mental health, including those found in nail polish remover, pesticides, and batteries. 🤖 Learn the facts or get resources to help the teen in your life quit: [dshs.texas.gov/vaping](https://dshs.texas.gov/vaping)

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