



## Vapes Down Campaign Teacher Blog Posts

### **The Hidden Dangers of Vaping**

Teens may be unaware harmful chemicals in vape aerosol can cause real damage to their lungs and developing brains. And nicotine is highly addictive. If you've never vaped, don't start. And if you have vaped and want to quit, you can find help at [YesQuit.org](https://www.yesquit.org).

[dshs.texas.gov/vapesdown](https://dshs.texas.gov/vapesdown)

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### **Myths About Vaping**

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

**Fact:** Vapes are unsafe for kids, teens and young adults.

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

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

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

**Fact:** 99 percent of vapes contain nicotine, and some vape pods contain as much nicotine as 20 cigarettes.

[dshs.texas.gov/vapesdown](https://dshs.texas.gov/vapesdown)

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### **Start the Conversation about Vaping**

Vape aerosol can contain 31+ dangerous chemicals that can harm your son or daughter. Find out how to talk to your teen. Visit [dshs.texas.gov/vapesdown](https://dshs.texas.gov/vapesdown) to learn more.

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### **Learn the Facts About Vaping**

Vaping is not safe! It can hurt your lungs, cause brain damage, and lead to addiction to nicotine. And if you vape you're more vulnerable to illness, including COVID-19.

Learn the facts! Visit [dshs.texas.gov/vapesdown](https://dshs.texas.gov/vapesdown) or [truthinitiative.org/our-top-issues/vaping-issue](https://truthinitiative.org/our-top-issues/vaping-issue).

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**What's In a Vape?**

Teens care about what they put in their body. But did you know vape pens can contain 31+ toxic chemicals? Learn the facts before you choose to vape.

For more info and resources on quitting, visit [dshs.texas.gov/vapesdown](https://dshs.texas.gov/vapesdown).

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