

WHAT ARE VAPES?

www.operationaware.org



Vapes are a device used for inhaling vapor containing nicotine and flavoring. They can look bright and colorful, but they are dangerous! Vapes are not good for you. They can make you sick.



WHAT IS IN A VAPE:

- NICOTINE
- Flavorings
- Propylene Glycol
- Glycerin


When you suck on a vape, your mouth and lungs will fill up with a good tasting vapor. Most kids think it is water, but it is not! Even though it might taste good, it is full of chemicals. One of the worst chemicals in a vape is called nicotine.

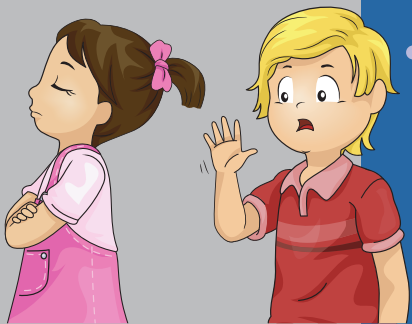
HOW DO I TALK TO MY CHILD

The best teachable moments come in natural conversation

- When you see someone vaping ask if they know what it is.
- See someone on TV vaping as if they think that is a good idea for kids.
- Stress that it is unknown the long term effects.

WHAT CAN IT HURT?

- YOUR BRAIN DEVELOPMENT 
- YOU CAN GET ADDICTED WHICH MEANS IT WILL BE REALLY HARD TO STOP – EVEN WHEN YOU REALLY WANT TO.
- YOUR HEALTH – YOUR STOMACH MAY HURT OR YOU
- MAY GET SICK MORE OFTEN.



SAY NO TO VAPES

