What is Vaping?

- The act of inhaling/exhaling the \bullet aerosol produced by an e-cigarette.
- Popular e-cigarettes among many users are JUUL
- Involves usage of nicotine and other \bullet addictive chemicals as opposed to tobacco.

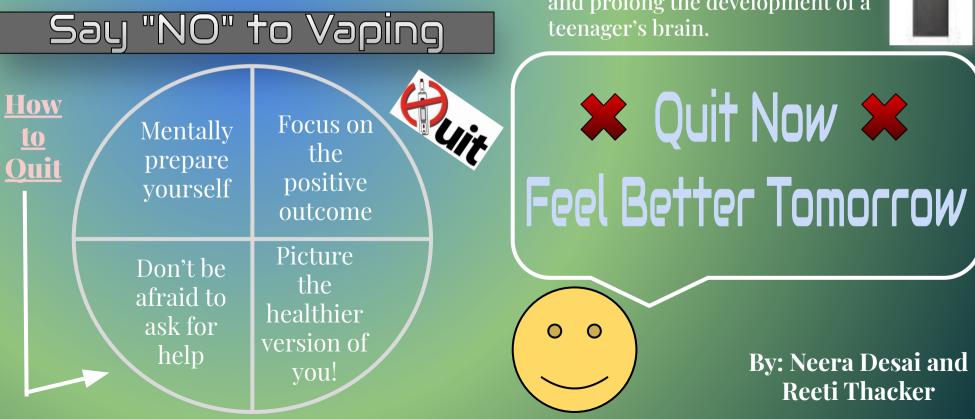


Personal Story of a Teen

- Simah Herman, 18, was suffering in the \bullet hospital because of vaping.
- She said, "I just remember feeling like absolute...nothing. Like I just couldn't do anything,"
- She was in a coma and put onto a ventilator. ullet
- Her lungs were inflamed and full of liquid.
- She then wanted to open a No Vaping \bullet campaign due to her personal experiance.

Why is JUULing and Vaping Addicting?

- Appealing to kids and teenagers due to its different flavors (including candy-like ones).
- **Contains a high amount of nicotine, an** addictive chemical.
- When you do not vape after being addicted, the levels of <u>nicotine</u> can drop in your body causing abnormal and *unpleasant feelings*.
- Their small size makes them easy to hide.



Dangers of Vaping

- Can cause lung injuries, heart problems, and even death.
- The 2019 National Youth Tobacco Survey data showed that 34.2% of the current high school and 18% of current middle school e-cigarette users vaped on at least 20 days a month.
- Nicotine can be highly addictive and prolong the development of a teenager's brain.

0

X Quit Now X

By: Neera Desai and **Reeti Thacker**