Be Smart Don’t Start
For more information

“Not a high"
BLOWING YOUR LIFE AWAY.
ONE HIT AT A TIME

THE NICOTINE IN
1 VAPE COULD

= 50 CIGARETTES

VAPING CAN KILL.
DON'T START

Model Farms High School

Be Smart Don’t Start
For more information

“Blowing your life away”
Be Smart Don’t Start
"Health impacts of Vapes"

Vaping

Chest pain

Increased heart rate

Irritation, blurry vision, wounds

Addiction

Increased blood pressure

Vomiting, nausea, pain

Increased airway resistance

Cough
You've been sucked in

Youth Voices Unpacking Vaping in Schools, 2022