

LIVE LIKE ME – BE VAPE FREE!

PREVENTION POCKET GUIDE FOR MIDDLE SCHOOL STUDENTS

Hey, what is nicotine?

Nicotine is the highly addictive chemical found in vapes!



Oral Nicotine Pouch



Disposable Vapes

WHY DO PEOPLE USE NICOTINE PRODUCTS?

Flavors- Blue razz, mango ice, and similar flavors purposely sound appealing, fun, and even healthy. However, harmful chemicals, like diacetyl, are used to create these flavors.⁽¹⁾



Mental health- There are many healthy ways to cope with stress and anxiety, but using vapes can make mental health issues worse.

Peer Pressure- We often think that we won't be the targets of peer pressure, but peer pressure can come in many forms, online or in-person.⁽²⁾

Social Media- The tobacco industry pays celebrities, influencers, artists, and athletes to advertise vapes and other nicotine products on social media.⁽³⁾

NICOTINE PRODUCTS

- Cigarettes, e-cigarettes (also called vapes), and oral nicotine pouches (such as ZYN) are products that contain nicotine.⁽⁴⁾
- Vapes produces aerosol which is inhaled by the user
- Oral nicotine pouches are put on the gums of the user and the chemical nicotine is sent to their brain
- Both vapes and oral nicotine pouches have become increasingly popular among students

HOW CAN WE END THE TREND OF NICOTINE USE?

Find ways to say "NO"

It's possible to say no to nicotine, even if we feel pressured to do so. Make an excuse, ignore the question, change the topic!

Talk with someone

Talk with a friend, a parent, a teacher, or a counselor! They can help us make informed choices. Remember: your voice matters!

Create goals for yourself

What are your plans for your future? These plans are attainable! Consider how vaping and nicotine use can affect those goals.

HOW CAN I QUIT OR HELP A FRIEND OR FAMILY MEMBER QUIT?

There are many resources designed to help people of any age quit vaping! Scan the QR code to access resources from counselors and trained coaches that are free, easy to use, and confidential!



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4. Centers for Disease Control and Prevention. (2025, January 31). Smoking and Tobacco Use: Nicotine Pouches. Retrieved from CDC: <https://www.cdc.gov/tobacco/nicotine-pouches/index.html#text=Nicotine%20pouches%20contain%20a%20powder-yung%20that%20is%20used%20programmatically>