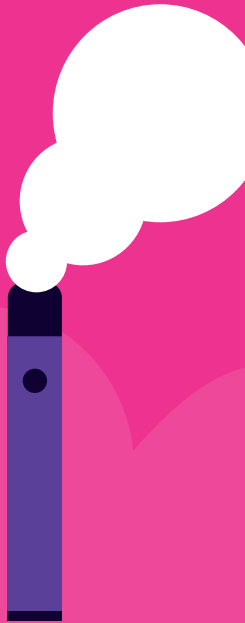


# DO YOU *EVEN* KNOW WHAT'S IN A VAPE?

Some vapes are full of **toxic chemicals, ew!**

They're not just sweet flavours, they're filled with some seriously sketchy stuff and could **really damage your body...**

**... GROSS!**



## BE SMART, JUST DON'T START.

**Chat to an adult you trust** for support. Or for confidential advice call **FRANK** on **0300 123 6600**. Or text your question to **82111**.



# DO YOU REALISE IT'S ACTUALLY ILLEGAL?

It's totally **illegal** for anyone to sell vapes to you if you're **under 18**, did you know that?

You also **can't** ask someone older to buy them for you, that's **illegal** too!  
Hmm, **risky business!**

## ... NOT WORTH IT RIGHT?

## BE SMART, JUST DON'T START.

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# KNOW HOW *MUCH* IT AFFECTS YOUR HEALTH?

Vaping can make you feel **seriously rubbish**, less than ideal!

**Dizziness, sleep problems, super-fast heart beat...** are the common side effects. But by the way, there are way more!

... **EWWW!**



## BE SMART, JUST DON'T START.

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# IT'S SOOO BAD FOR THE ENVIRONMENT!

Do you realise how much single-use vapes seriously **damage the planet?**

They add to **plastic pollution, e-waste,** and even **toxic waste.** Awks!

## ... SO NOT COOL!



## BE SMART, JUST DON'T START.

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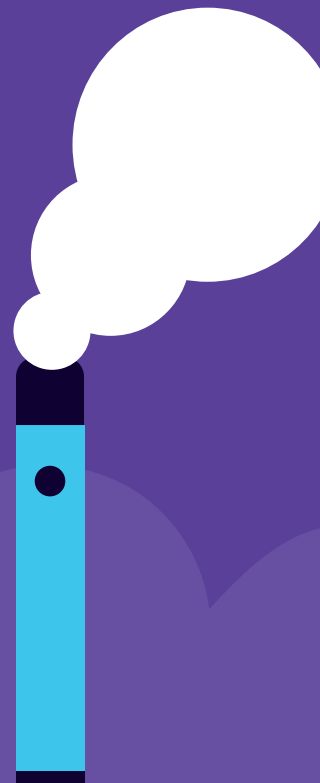


# ***IT SERIOUSLY*** **AFFECTS YOUR** **BRAIN!**

Yep, really! Because **your brain is developing** until about age 25, the **nicotine** in vapes can really affect this.

Vaping can make your **mood** bad and your **concentration** too.

**... EEK SCARY!**



## **BE SMART, JUST DON'T START.**

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