

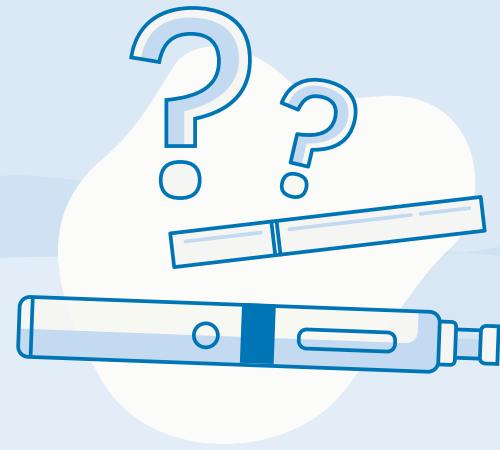
Vaping isn't safe

Many young people think vaping is harmless because they don't breathe in smoke. But the mist from vaping can contain very addictive nicotine and harmful chemicals.

Vapers become smokers

Teenagers don't need much nicotine exposure to become addicted, so teens often become smokers by developing a nicotine habit through vaping.

**Stay healthy and smoke-free.
Don't start vaping.**



What does nicotine do to teens?

Nicotine has been found to alter the brain development of teenagers.

Regular nicotine exposure also makes it harder for teens to:

-  remember things like a friend's birthday
-  concentrate at school or during movies and videogames
-  control their behaviour and impulses
-  get a good night's sleep, which affects their grades and how well they play sports

Government of
Northwest Territories



Know someone
who needs to quit?
We can help

Call 811

All calls are private and confidential
Registered nurses are available 24/7

