

Vaping isn't safe

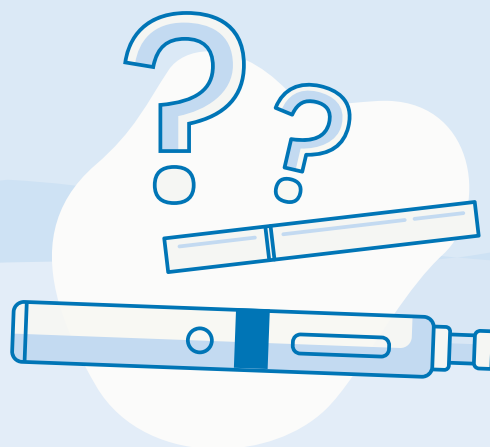
Many young people think vaping is harmless because they don't breathe in smoke. But the mist from vaping can contain very addictive nicotine and harmful chemicals.

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.**

Government of
Northwest Territories



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



**Know someone
who needs to quit?
We can help**

Call 811

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