You’ve been played

- The vaping industry is worth $14 billion, that’s a lot of incentive to get you hooked and keep you hooked.
- Minority communities – the black community in particular – have been preyed upon by tobacco and vape companies. Learn how their racist policies have created a public health emergency.

Vaping pollutes more than your body

- Because e-cigarettes contain toxic chemicals, heavy metals, and residual nicotine, their waste is a serious threat to our water, air, and land.
- Disposable vape devices and e-juice containers are just trash heading to the landfill after use.
- Take this quiz to see how knowledgeable you are about vaping’s effect on the environment.
- Vaping produces secondhand smoke that affects everyone around you – whether they choose to vape or not.

What’s the harm in vaping?

- There’s nasty stuff in vapes, including highly addictive nicotine to get you hooked fast.
- Nicotine increases heart rate, tenses muscles, and decreases oxygen to the brain — so much for being “relaxing.”
- Vaping weakens your immune system.
- Vaping increases your risk of developing asthma, bronchitis, and emphysema.
- Vaping can harm your brain development and may contribute to depression.
- Oh, then there’s the explosion problem.
- No vape is safe. Period.
- Learn more ways vaping is nasty.
- Compete against others while you test your vape knowledge

Quitting isn’t easy, that why there’s help
• Quit on your schedule with My Life My Quit, confidential one-on-one coaching via text, chat or phone.
• Meet some other quitters and hear their stories.
• Create your own vaping quit plan.