

Header: Washoe County Health District Youth Vaping Toolkit

Headline

**Ready to quit vaping?**

**There's free, confidential help.**

72% of Nevada's 13-18-year-old vapers report wanting to quit.  
44% of them have tried to quit 10 times or more. Addiction is real.

## **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](#).