

Vaping Prevention



WHAT IS VAPING?

Vaping is inhaling and exhaling the aerosol (often called vapor) produced by an e-cigarette or similar battery-powered device.

- Must be 21 years old to purchase, possess or use a vape.
- One vaping pod = one pack of cigarettes or 200 puffs.
- Vaping can lead to serious medical consequences and may affect your ability to participate in daily activities such as sports, playing an instrument or ability to pay attention in class.



WHAT DOES VAPOR CONSIST OF?

Vapor consists of chemicals also found in car exhaust, weed killers, heavy metals, and body preservatives.

- Despite marketing products as containing 0% nicotine, many of their devices do contain nicotine. Don't forget – nicotine is very addictive.
- Be mindful of secondhand vape exposure.
- You can never be certain with what is in a vape due to the black market. Illicit drugs like THC or Fentanyl could be present without you knowing.



COMBATING PEER PRESSURE

24.3% of Texas teens report vaping daily – you're likely to experience peer pressure from friends in your community. Here's how to combat peer pressure:

- "No" is a powerful word. Simply saying no is an effective refusal skill.
- When "No" isn't enough, use other avenues to avoid vaping such as: giving a reason or excuse, or even giving the cold shoulder and walking away.
- Sharing facts with your friends about how vaping can impact your health or relationships.
- Blame it on your parents.



HOW TO DE-STRESS WITHOUT VAPING

People may rely on vaping to lower stress or cope. Here are a few activities that also lower stress levels and are not harmful to your body.

- Exercising – the more movement you create for your body, the more tension you can release.
- Meditating – practicing mindfulness allows you to be present in the moment instead of letting your anxieties take over.
- Hobbies – engaging in activities you enjoy such as cooking, crafting, or hiking can help boost your mood.
- Socializing – spending time with friends and family.



CONSEQUENCES OF VAPING

Who can and cannot use vape products?

- In the state of Texas, an individual must be 21 to buy a vape product – not following this rule can lead to Class C Misdemeanor punishable by a fine of up to \$100 and attendance of an e-cigarette and tobacco awareness program.
- If you are found in possession of, selling, or gifting a vaping device on public campus you will be placed in an alternative education school.



WHO CAN SUPPORT YOU WHEN QUITTING VAPING?

Quitting vaping does not have to be a lonely process. Consider these resources:

- Teen.smokefree.gov.
- The Council on Recovery: councilonrecovery.org.
- Menninger Clinic: menningerclinic.org.
- Safe friends, adults, and protective factors.

THINGS TO REMEMBER:

- 1) "NO" is a word that holds a lot of power.
- 2) You don't have to vape to "fit in" with the crowd.
- 3) There are both LEGAL and HEALTH related consequences when vaping.
- 4) Vaping has long-term effects on the body and relationships.

CRIME STOPPERS OF HOUSTON'S

TIP LINE

IS HERE FOR YOU **24/7**



CRIME STOPPERS OF HOUSTON SAFE SCHOOL INSTITUTE

3001 Main St. Houston, TX 77002

(713) 521-4600 (office)

(713) 222-TIPS (to report)

www.crime-stoppers.org/safe-school-institute

ssi@crime-stoppers.org



HOW TO REPORT A TIP



Call 713.222.TIPS (8477)



Use our Mobile App

Download app name: Crime Stoppers Houston



Go to crime-stoppers.org

HERE'S HOW IT WORKS



STEP 1

Submit an anonymous tip



STEP 2

Your tip leads to an arrest or disciplinary action



STEP 3

Receive a cash reward
(up to \$5,000)