

# What they forget to tell you about Vaping...

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## The Habit Cycle

Understanding the cycle of your juuling habit:

- **The trigger** – This is that uncomfortable or stressful feeling that seems to consume you and you want to make go away. This feeling can be caused by numerous social or emotional situations such as pressure from peers, relationships or school-work.
- **The routine** – This is the act of juuling itself. You may not even realize when you are taking a hit of your juul. It's almost like it becomes second nature.
- **The reward** – This is that satisfying feeling you get from hitting your juul. You know, that rush where all the stress you were dealing with a second ago just goes away.

## Resources to Quit

"This is Quitting"

- ♦ There are many options to help people who are struggling to quit juuling.
- ♦ Truth Initiative has developed an interactive program that sends personal text reminders to help students quit for good, no matter what phase they are in the process
- ♦ Text **DITCHJUUL** to **88709** to get started



## EVALI

"E-cigarette/vaping associated lung injury"

- ♦ Many young, seemingly healthy people have been dying from EVALI
- ♦ As of February 18, 2020, a total of 2,807 people have been hospitalized and 68 people have died from EVALI
- ♦ Vitamin E acetate is a thickening agent often used in THC vaping products that has been found in the lung samples of patients with EVALI
- ♦ It is very important to not use THC vaping products as your link to EVALI increases significantly

## Nicotine Effects

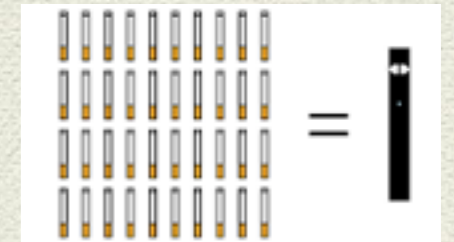
A Juul pod contains the same amount of nicotine as a pack of cigarettes

**Nicotine increases:**

- ♦ Depression
- ♦ Anxiety

**Nicotine Decreases:**

- ♦ Brain development
- ♦ Learning
- ♦ Mood
- ♦ Impulse



## The possible link to COVID-19

- ♦ Vaping increases your chances of catching virus's that target your lungs
- ♦ When you vape you breath in toxic chemicals such as heavy metals, diacetyl flavoring, cancer causing chemicals, and nicotine
- ♦ Damaged lungs from vaping can not fight off pathogens as well as healthy lungs which puts a vaper more at risk during virus outbreaks, such as COVID-19.

