

UNDERSTANDING NICOTINE & VAPING

WHAT'S THE HARM WITH USING NICOTINE?

- Nicotine is highly addictive, and youth are especially at risk.
- Increases the risk of later substance use and substance use disorder.
- Harms brain development - Affecting impulse control, mood, learning, and attention.
- Can cause anxiety and irritability.

VAPING: MYTHS VS. FACTS

| Myth | Fact |
|---|---|
| <i>Vaping is safer than smoking.</i> | False! Vaping contains not only nicotine, but also many other harmful chemicals such as heavy metals which can damage your body. |
| <i>People vape to stop smoking, so it can't be addictive!</i> | Vapes contain nicotine and other addictive substances, many of which are also in traditional cigarettes, so many end up just becoming dependent on vapes. |
| <i>Everyone my age vapes.</i> | Most youth don't use substances - at WHS, 89% of students reported that they have never vaped (MWAHS, 2023). |

WANT TO QUIT?

- Talk to a trusted adult or healthcare provider for support.
- Practice healthy coping skills and do activities you enjoy.
- If you've been using nicotine regularly, you might feel some withdrawal symptoms when you stop, but those feelings usually don't last forever.

RESOURCES

- **Massachusetts Substance Use Helpline:** 1-(800)-327-5050; www.helplinema.org
- **Boston Children's ASAP Program:** (617)-355-2727; ASAP@childrens.harvard.edu
- **SAMHSA's National Helpline:** 1-(800)-662-HELP (4357)
- **Walpole Prevention Coalition:** www.walpolepreventioncoalition.com



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