

A Breath Of Fresh Air. by: Kailley Crespo

Why teens should not use vapes.

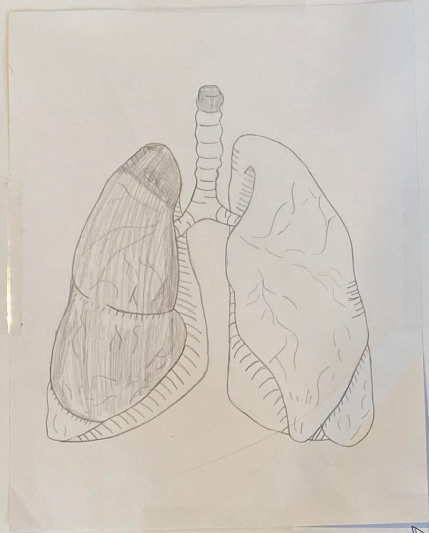
Most vapes contain Nicotine which is very addictive.

Nicotine could affect your brain so, young people who are using vapes now, are very likely to ~~use~~ smoke cigarettes in the future.

Also,

Did you know?

- ★ The Nicotine in one Vape is equivalent to 50 cigarettes.
- ★ Vapes could leave young people at increased risk of depression, and anxiety.
- ★ Vapes contain nicotine which is highly addictive.



Vaping could damage our lungs. When you vape, you inhale chemicals that you've never seen, or even heard of. Such chemicals are Formaldehyde, and acetaldehyde, which causes irreversible lung damage. When you vape, it increases your chance to get sick. (cancer, covid 19, and other sicknesses.)

Athletic Impact:

When Athletic people vape it increases lactic acid inside of them. Lactic acid is a substance that makes muscles feel as if they're burning. It could cause Fatigue, and heavier breathing, and also cause an increased soreness after they Exercise. Which, can decrease the amount of oxygen in their bodies.

please don't
Vape!

It's important
to keep our bodies

Clean, & healthy!