

**BLURRED
MINDS**

**VAPES AREN'T A QUIT TOOL.
THEY'RE AN ADDICTION TOOL.
THEY WIN WHEN YOU'RE HOOKED,
WHO'S REALLY IN CONTROL?**



**BLURRED
MINDS**

A hand is shown reaching towards a blue rectangular vape device. The device is placed on a wooden mousetrap with a metal spring. Thick white vapor is rising from the device and swirling around the hand and trap. The background is dark and moody.

**VAPES AREN'T A
QUIT TOOL –
THEY'RE AN
ADDICTION TOOL.**

**THEY WIN WHEN YOU'RE HOOKED,
WHO'S REALLY IN CONTROL?**

**INHALING
MYSTERY
CHEMICALS?
THAT'S VAPING.**

**NO ONE
REALLY KNOWS
WHAT'S INSIDE,
INCLUDING YOU.**





**INHALING
MYSTERY
CHEMICALS?
THAT'S VAPING.**

**NO ONE REALLY KNOWS
WHAT'S INSIDE, INCLUDING YOU.**





**BLURRED
MINDS**

**BIG VAPE ISN'T
YOUR FRIEND.
THEY PROFIT WHEN YOU
PICK UP THE HABIT.**



**BLURRED
MINDS**

**IF THEY PROFIT,
YOU'RE THE PRODUCT**
**IS IT WORTH BEING THEIR
CUSTOMER FOR LIFE?**



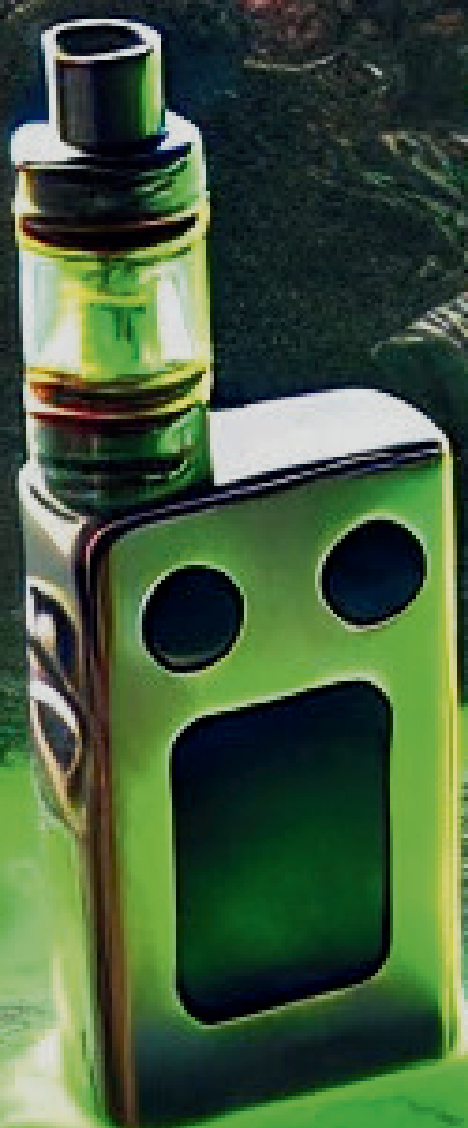
**WHERE DO VAPES GO
WHEN YOU'RE DONE?**

**SPOILER: THEY DON'T RECYCLE,
AND THE WASTE
STICKS AROUND.**



1 MILLION VAPES IN LANDFILLS EVERY WEEK

**EACH ONE LEAKS TOXIC WASTE
THAT STICKS AROUND FOR 1,000 YEARS.**



TODAY

100 YEARS

1000 YEARS

HOW TO STAY VAPE-FREE:

5 REFUSAL SKILLS THAT ACTUALLY WORK

1. The "Chill No"



How it works:

Stay casual, keep it light. Avoid making it a big deal.

Example:

- "Nah, I'm good."
- "Not my thing, but you do you."

Why it works:

Keeps the conversation non-confrontational, avoiding defensiveness or awkwardness.

2. The "Excuse Me"



How it works:

Use a valid excuse to step away or opt out.

Example:

- "I've got a game later; can't mess up my lungs."
- "I promised my parents I wouldn't. They check everything."

Why it works:

Gives a reason others can't easily argue with, making refusal easier.

3. The "More for You"



How it works:

Turn it around and make it about them.

Example:

- "All yours, mate."
- "You can have mine—I don't want it."

Why it works:

Deflects the pressure without judgment, keeping things friendly.

4. The "Protect Others"



How it works:

Shift the focus to how vaping could harm someone else.

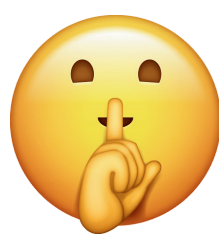
Example:

- "My little brother's asthmatic—I don't want to bring it home."
- "Second-hand vape smoke is worse for people around you. I can't risk it."

Why it works:

Appeals to a sense of responsibility, which peers often respect.

5. The "White Lie"



How it works:

Use a harmless fib to get out of the situation.

Example:

- "I've got asthma—it messes with me."
- "I'm trying to quit. Can't start again now."

Why it works:

Sometimes, a quick excuse helps avoid peer pressure without confrontation.

Bonus Tip:

Practice with Your Friends

Work out go-to responses together.

Create strategies for tricky situations, so you're always prepared.



**BLURRED
MINDS**



FACT: 9 OUT OF 10 STUDENTS
IN THIS SCHOOL DON'T VAPE