

January Announcements Grade 6-12

Promoting National Non-Smoking week in Canada

- ❖ Flavor danger! Although e-liquid flavors may sound tasty, heating e-liquid produces several harmful chemicals. You wouldn't eat an arsenic lollipop or a formaldehyde popsicle, so why would you vape them? Don't treat your health like an experiment. Choose to be healthy!
- ❖ Fact: If you vape, you may be more likely to start smoking. Another fact? Many vape companies are owned by the tobacco industry. Their marketing targets young people by making fun flavors for e-cigarettes and showing young, healthy people vaping. They're trying to make you their next lifetime customer. Don't treat your health like an experiment. Choose to be healthy!
- ❖ Want to play two truths and a lie? I'll say three statements and you guess which one is untrue. Ready? The industry lures young people with fun flavors, vaping has long-term health effects, and vaping is harmless water vapor. Did you catch the lie? Vaping is not just harmless water vapor. Don't treat your health like an experiment. Choose to be healthy!
- ❖ Think vaping is safe? E-liquid is full of chemicals that can be addictive and harm your health. These chemicals impact your concentration, memory, and your bank account. Don't treat your health like an experiment. Choose to be healthy!
- ❖ Think fast! Can you remember these three words? Target, strawberry, experiment. Nicotine addiction affects teenage brain development and decreases levels of concentration. Can you remember the second word I said? If not, maybe vaping is affecting you more than you think. Don't treat your health like an experiment. Choose to be healthy!
- ❖ Fun flavors and sleek designs may make vaping look appealing, but vaping has long-term health effects. The industry knows that the more you vape, the more money your addiction will put in their pockets. Don't treat your health like an experiment. Choose to be healthy!
- ❖ Did you know that E-cigarettes contain nicotine, a drug that's highly addictive. You don't have to vape every day to get addicted. Don't experiment with your health. Choose to be healthy!
- ❖ Vaping is expensive! The cost of the cartridges over time starts to add up. Instead, you could spend that money on other things you need or enjoy. Choose to be healthy!

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- ❖ Did you know one Juul pod contains as much nicotine as a whole package of cigarettes? The technology of Juuls is that it makes nicotine more readily absorbed into the bloodstream, which makes it highly addictive. Choose to be healthy and nicotine free!
- ❖ There are no safe levels of secondhand tobacco smoke. Every person has the right to breathe smoke free air. Smoke free laws protect the health of non-smokers and encourage smokers to quit. Don't let tobacco take your breath away. Choose to be healthy by not smoking, vaping or juuling.
- ❖ Did you know that an adolescent's brain is particularly vulnerable to drugs. Nicotine is highly addictive and affects your brain development, it hooks you in and makes you think you need it. It makes anxiety and depression worse, affects memory, concentration, self-control, and attention, especially in developing brains. Don't treat your health like an experiment. Choose to be healthy!
- ❖ Did you know that nicotine use in early adolescence causes changes in the brain that make life-long addiction much more likely for young e-cig/vape users? Choose to be healthy!
- ❖ Did you know that vaping devices are still very new so many of the long-term health consequences of their use is still not known. Even still, the mounting evidence shows that these devices are *not* harmless, and can cause health issues, including cancer and heart disease. Don't treat your health like an experiment. Choose to be healthy!
- ❖ E-cigarettes are NOT just harmless flavored water vapor. They produce an aerosol full of harmful chemicals and other constituents. Don't treat your health like an experiment. Choose to be healthy!
- ❖ Did you know that the flavors and flavorants in e-cigarettes are also harmful. By going smoke or vape-free allows the body to heal right away. It's never too late to quit. Make the choice to breathe healthily and live happily.
- ❖ Cigarettes and e-cigarettes are not biodegradable and do harm the environment. By quitting the use of cigarettes and e-cigarettes or never starting in the first place reduces harm to the environment. Make the choice to breathe healthily and live happily.

January Announcements K-5

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- ❖ Did you know that your lungs need good, clean air to stay healthy. Part of growing up is learning to keep yourself safe and to make healthy choices. Try not to breathe in smoke!
- ❖ Did you know that medicines that are not meant for you can be dangerous for you. If you find any of these, tell an adult so they can be put away. It is never safe to eat or drink something if you are not sure what it is. Being safe means being aware of things that are dangerous.
- ❖ We all know that hanging out with friends is fun. You may know older kids who smoke who might try to get you to try smoking. Tell them, "No, thank you" and walk away. Hang out with friends who care about you.
- ❖ Did you know that any kind of smoking is bad for your health. Your body is smart. When someone tries smoking for the first time, they can cough a lot and sometimes feel pain in their lungs. This is your lungs way of letting you know that these chemicals are bad for your health. Remember smoke free is the way to be!
- ❖ Did you know that people who choose NOT to smoke can do more activities because their lungs are chemical-free, and it is easier for them to breathe. Stay healthy and say "NO" to smoke.
- ❖ Did you know that smoke affects everyone who is around it? Ask anyone who is smoking to go outside and be away from others. Remember smoke free is the way to be!
- ❖ Did you know that our lungs help us breathe. Breathing well is important for playing with our friends and running. Did you know that smoke makes it hard for us to breathe? Say NO to smoke!
- ❖ Do you know that it is important to be good to your body. Say "NO" to things that are NOT good for you. Remember to eat healthy foods, exercise, and say "NO" to smoking.