

Own your Future: Break Free from Vapes Today!

Ready to level up your game? Ditch the vapes, boost your energy, and glow up with more focus and the confidence to tackle anything – because your future is bright when you are vape-free!

What's up with vaping?



- It might feel like "everyone" is vaping, but the truth is, only about **1 in 6 Rhode Island high schoolers use a vaping product** (16.5%). Most of your peers are choosing not to vape.¹
- About **3 in 5 youth who vape reported wanting to quit** (62%). If you've thought about giving up vaping, you are not alone!¹

What's in it for you if you quit?



- **Breathe Easier:** No more wheezing or shortness of breath.
- **Feel Stronger:** Improved athletic performance and more energy for activities you enjoy.



- **Save Money:** Spend your cash on things you love, not on tobacco/nicotine.
- **Improve your Mental Health:** 90% of those who quit said they felt less stressed, anxious, or depressed.²

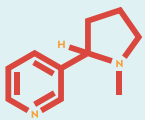
Get the facts:



- **It's Not Just Flavor:** Flavored vapes contain chemicals that are harmful to inhale, such as diacetyl (used in microwave popcorn flavoring and linked to "popcorn lung"), formaldehyde (used in building materials), and acrolein (found in herbicides)³ that can damage your lungs and lead to serious health issues.



- **Bad for the Environment:** Creating vapes cuts down trees and produces greenhouse gases. Vapes are classified as hazardous waste. Disposable vapes and pods create plastic, metal, and battery waste that ends up in landfills. Leaking batteries and toxic chemicals can pollute soil and water, while plastic parts can turn into harmful microplastics.⁴



- **Don't Be Fooled:** Flavored vapes may seem harmless, but they have high nicotine levels that can quickly lead to addiction.⁵ Nicotine is known to pose significant health risks, including worsening symptoms of depression, increased anxiety, and affecting brain development in teens.⁶











Real Talk with Luka:

“Don't worry about fitting in. It sounds very cliché to say, but genuinely just be yourself. The second thing I would say is just to take things day by day and find a healthy alternative. So that could be a sport, reading; there's also music, which is personally mine. I love music. At the end of the day, you'll never know what [healthier alternative] you'll like until you try it.”

– Luka Kinard, "Luka Kinard Gets Real About Vaping on an Episode of Bright Idea"⁷

What Happens When You Quit?

Quitting can be tough, but don't worry—while withdrawal symptoms⁸ might feel uncomfortable, they aren't dangerous. You might feel moody, tired, or have cravings, but these symptoms don't last forever. It's totally normal, and it gets easier with time!

When You Quit Nicotine	What Symptoms to Expect	What Might Help
Within hours of quitting	 Cravings	 Distract yourself with a hobby, drink water, or chew gum
Days 1-3 after quitting	 Restlessness, irritability, and trouble concentrating	 Try deep breathing exercises or physical activity
Days 2-7 after quitting	 Feeling down or sad, trouble sleeping	 Practice relaxation techniques, avoid caffeine before bed
During the first week of quitting	 Physical symptoms like headaches, dizziness, or stomach pain	 Stay hydrated, get fresh air, rest as needed
Weeks 2-4 after quitting	 Most symptoms start to subside	 Continue to use and explore strategies that work best for you

Ready to Quit?

My Life, My Quit™ and QuitNowRI are here to help you through it. They've got the tools, support, and advice to make quitting easier and help you push through the hardest parts of withdrawal. You don't have to do it alone!

MY LIFE MY QUIT™

• Free and confidential resources for Rhode Island teens (under 18):

- **Visit:** MyLifeMyQuit.com
- **Text:** START to 36072
- **Call:** 1-855-891-9989



QuitNowRI

• Free, confidential, and customized resources for Rhode Island adults (18+):

- **Visit:** QuitNowRI.com
- **Text:** START to 300500
- **Call:** 1-800-QUIT-NOW
- **Free** nicotine replacement therapy may be available for you – talk to a quit coach!



References:

- ¹ Rhode Island Department of Health. Center for Health Data Analysis. [2023 Youth Risk Behavior Survey](#).
- ² Truth Initiative. [How quitting nicotine can improve mental health](#).
- ³ Centers for Disease Control and Prevention. [Evaluation of Chemical Exposures at a Vape Shop](#).
- ⁴ Association for Nonsmokers-Minnesota. [How Do Vapes Harm the Environment?](#)
- ⁵ Truth Initiative. [High-nicotine e-cigarettes dominate the market, with sales increasing 15-fold in five years](#).
- ⁶ Truth Initiative. [3 ways vaping affects mental health](#).
- ⁷ Truth Initiative. [Young ex-vapers share their experience and advice on quitting vaping](#).
- ⁸ Massachusetts Department of Health. [Resources to Help Youth Quit E-Cigarettes or Other Tobacco Products](#).

