






**LET'S MAKE HEALTHY CHOICES.
AND BE TOBACCO AND VAPE FREE!**





Add your name, credentials and company
logo on this slide.





LEARNING TOGETHER!

1 What tobacco & vaping are.

2 How it harms us & affects others.

3 How tobacco & vape companies target kids.

4 Ways to stay tobacco & vape free.

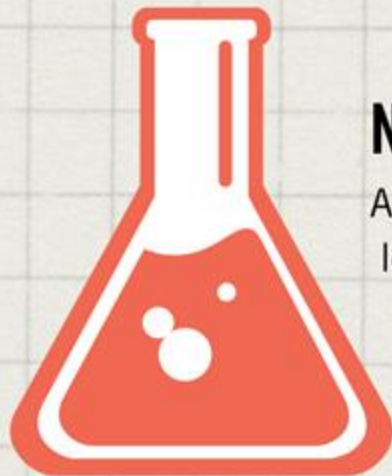
5 How to help others be tobacco & vape free.

WHAT ARE TOBACCO AND NICOTINE?




Tobacco

A plant that contains nicotine.






Nicotine

A chemical that leads to addiction and makes it hard to quit.



**WHY AND HOW
ARE TOBACCO
AND NICOTINE
HARMFUL?**





ACTIVITY BREAK!



WHAT IS VAPING?



IS VAPING SAFER THAN SMOKING?

No, especially for kids.



WHAT IS SECONDHAND SMOKE?



WHAT IS THIRDHAND SMOKE?







TOBACCO AND
VAPE COMPANIES
TARGET **YOUTH**.






**WHY DO PEOPLE USE
TOBACCO AND VAPE?**





WHY DO PEOPLE USE TOBACCO AND VAPE?



- Peer pressure
- Family or friends use it
- Advertisements and media
- Curiosity
- & so much more!



**WHY DO YOU
STAY TOBACCO
AND VAPE FREE?**



WAYS TO STAY TOBACCO AND VAPE FREE.

Practice!

Practice saying no and listing your reasons why.

Practice encouraging friends and family to stay, or become, tobacco and vape free.

Protect yourself!

Remind yourself that you are being targeted.

Surround yourself with good friends.

Walk away from any situation that makes you uncomfortable.

Talk about it!

Remind yourself and talk to others about the reasons you want to be healthy.

Talk to a trusted adult if you're feeling pressured or tempted.



HOW CAN YOU HELP AN ADULT QUIT?



QUITLINE IOWA

**Call 1-800-QUIT-NOW
for free support.**





HOW CAN YOU HELP A TEEN QUIT?



MY LIFE MY QUIT™

Text "Start My Quit" to
36072 for free support.





**IOWA STUDENTS
FOR TOBACCO
EDUCATION
AND PREVENTION**



TIME TO PRACTICE





**THE CHOICE TO STAY
TOBACCO AND VAPE
FREE IS **YOURS!****





PEN PAL BUDDIES





QUESTIONS?





THANK YOU!

Add your name and contact information in this text box.

