

FACT OR FICTION???



**NICOTINE IS HIGHLY
ADDICTIVE AND
HARMS BRAIN
DEVELOPMENT,
WHICH CONTINUES
UNTIL ABOUT AGE 25.**

@IowaSTEP

FACT OR FICTION???



**TEENS WHO VAPE
ARE LESS LIKELY TO
USE CIGARETTES IN
THE FUTURE.**

@IowaSTEP

FACT OR FICTION???



**VAPE AEROSOL
CREATES
SECONDHAND
SMOKE.**

@IowaSTEP

FACT OR FICTION???



**THERE IS NO SUCH
THING AS THIRDHAND
SMOKE.**

@IowaSTEP

FICTION.

Teens who vape are four times more likely to use cigarettes in the future.

CDC, 2023

FACT.

Nicotine affects attention, learning, mood and susceptibility to addiction. Teens who use nicotine can find it harder to concentrate, learn and control their impulses.

CDC, 2023

FICTION.

Thirdhand smoke is when tobacco smoke or aerosol leaves residual nicotine and other chemicals on indoor surfaces, skin, fur and furniture, even after the air has cleared.

American Lung Association, 2023

FACT.

If you're around someone vaping, you are also inhaling the vape aerosol that they exhale, which can contain nicotine, nickel, formaldehyde, benzene and other cancer-causing toxins.

CDC, 2023

FACT OR FICTION???



**VAPES GIVE OFF
HARMLESS WATER
VAPOR.**

@IowaSTEP

FACT OR FICTION???



**USING TOBACCO,
INCLUDING VAPING,
REDUCES ANXIETY
SYMPTOMS AND
FEELINGS OF
DEPRESSION.**

@IowaSTEP

FACT OR FICTION???



**SECONDHAND AND
THIRDHAND SMOKE
AFFECT OUR PETS.**

@IowaSTEP

FACT OR FICTION???



**TOBACCO
COMPANIES
PURPOSEFULLY
TARGET TEENS
WITH THEIR
PRODUCTS.**

@IowaSTEP

FICTION.

The nicotine in tobacco products, including vapes, can actually worsen anxiety symptoms and amplify feelings of depression.

CDC, 2023

FICTION.

If you're around someone vaping, you are also inhaling the vape aerosol that they exhale, which can contain nicotine, nickel, formaldehyde, benzene and other cancer-causing toxins.

CDC, 2023

FACT.

Tobacco companies use cheap prices, fruity flavors and bright advertisements to get the attention of teens. They want teens to become addicted to their products, so they use them for a life time.

CDC, 2023

FACT.

Our furry friends can ingest smoke residue, carcinogens and toxins when licking their fur, which leads to health problems.

American Lung Association, 2023

FACT OR FICTION???



**VAPING IS UNSAFE
FOR KIDS, TEENS
AND YOUNG ADULTS.**

@IowaSTEP

FACT OR FICTION???



**VAPES CAN
CONTAIN HEAVY
METALS LIKE TIN,
NICKEL AND LEAD.**

@IowaSTEP

FACT OR FICTION???



**HEROIN IS MORE
ADDICTIVE THAN
NICOTINE.**

@IowaSTEP

FACT OR FICTION???



**USING NICOTINE AS A
TEEN CAN HARM THE
PARTS OF THE BRAIN
THAT CONTROL
ATTENTION, LEARNING,
MOOD AND IMPULSE
CONTROL.**

@IowaSTEP

FACT.

When vaping, you could be inhaling heavy metals, leading to chronic bronchitis, reduced lung function, lung cancer, and more.

CDC, 2023

FACT.

Most vapes contain nicotine, which is highly addictive and can harm brain development, which continues until about age 25.

CDC, 2023

FACT.

Nicotine can harm the developing brain, which continues developing until about age 25.

CDC, 2023

FICTION.

It's actually just as addictive as nicotine.

American Lung Association, 2023

FACT OR FICTION???



**TOBACCO
COMPANIES ARE
TRUTHFUL ABOUT
WHAT IS IN THEIR
VAPES.**

@IowaSTEP

FACT OR FICTION???



**YOUTH VAPING
REMAINS A PUBLIC
HEALTH CRISIS.**

@IowaSTEP

FACT OR FICTION???



**VAPING DOES NOT
HAVE AN EFFECT
ON TEENS' HEALTH.**

@IowaSTEP

FACT OR FICTION???



**APPROXIMATELY 100
MILLION TREES ARE
CHOPPED DOWN
EACH YEAR BY THE
TOBACCO INDUSTRY
TO MAKE THEIR
PRODUCTS.**

@IowaSTEP

FACT.

Vapes have been the most commonly used tobacco product among youth since 2014.

Campaign for Tobacco-Free Kids, 2023

FICTION.

It is difficult for consumers to know what is truly in their vape. For example, some vapes are marketed as not containing nicotine, when they actually do.

CDC, 2023

FICTION.

It's surprisingly approximately 600 million.

Truth Initiative, 2023

FICTION.

Teens who vape may experience coughing, wheezing, nausea, vomiting, headaches and dizziness, plus other long term side effects.

Campaign for Tobacco-Free Kids, 2023