

NATIONAL
**DRUG &
ALCOHOL**
FACTS WEEK

SHATTER THE MYTHS

#NDAFW



The MYTH

Vaping is safer
than smoking...



The TRUTH

E-Cigs contain heavy metals and
other dangerous chemicals linked
to severe damage to the lungs,
blood vessels, and the
central nervous system

Source: Surgeon General's Warning 2019, TheTruth.com



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The MYTH

It's just a JUUL, it's not like using "drugs"...



The TRUTH

One JUUL pod contains as much nicotine as 20 cigarettes. Nicotine is a highly addictive drug that primes the brain for other substance use

Source: Surgeon General's Warning 2019, NIDA Teen



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The MYTH

Vaping is safer than smoking (part 2)...



The TRUTH

Youth who use e-cigs are **6-7x** more likely to move on to traditional cigarettes than their peers who don't use e-cigs

Source: Surgeon General's Warning 2019, NIDA Teen



Drug-Free Communities

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The MYTH

Nicotine isn't a gateway drug....



The TRUTH

Youth who vape nicotine are **7x** more likely to use other drugs than their peers who don't vape nicotine

Source: Surgeon General's Warning 2019, NIDA Teen



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The MYTH

I'm not addicted. I can stop any time I want...



The TRUTH

Nicotine is a highly addictive substance-so quitting can be hard. Need Help?
Text "Quit" to 202-804-9884
or Call 1-800-QUIT-NOW

Source: Surgeon General's Warning 2019, NIDA Teen



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