

NICOTINE AFFECTS YOUR ABILITY TO LEARN AND REMEMBER

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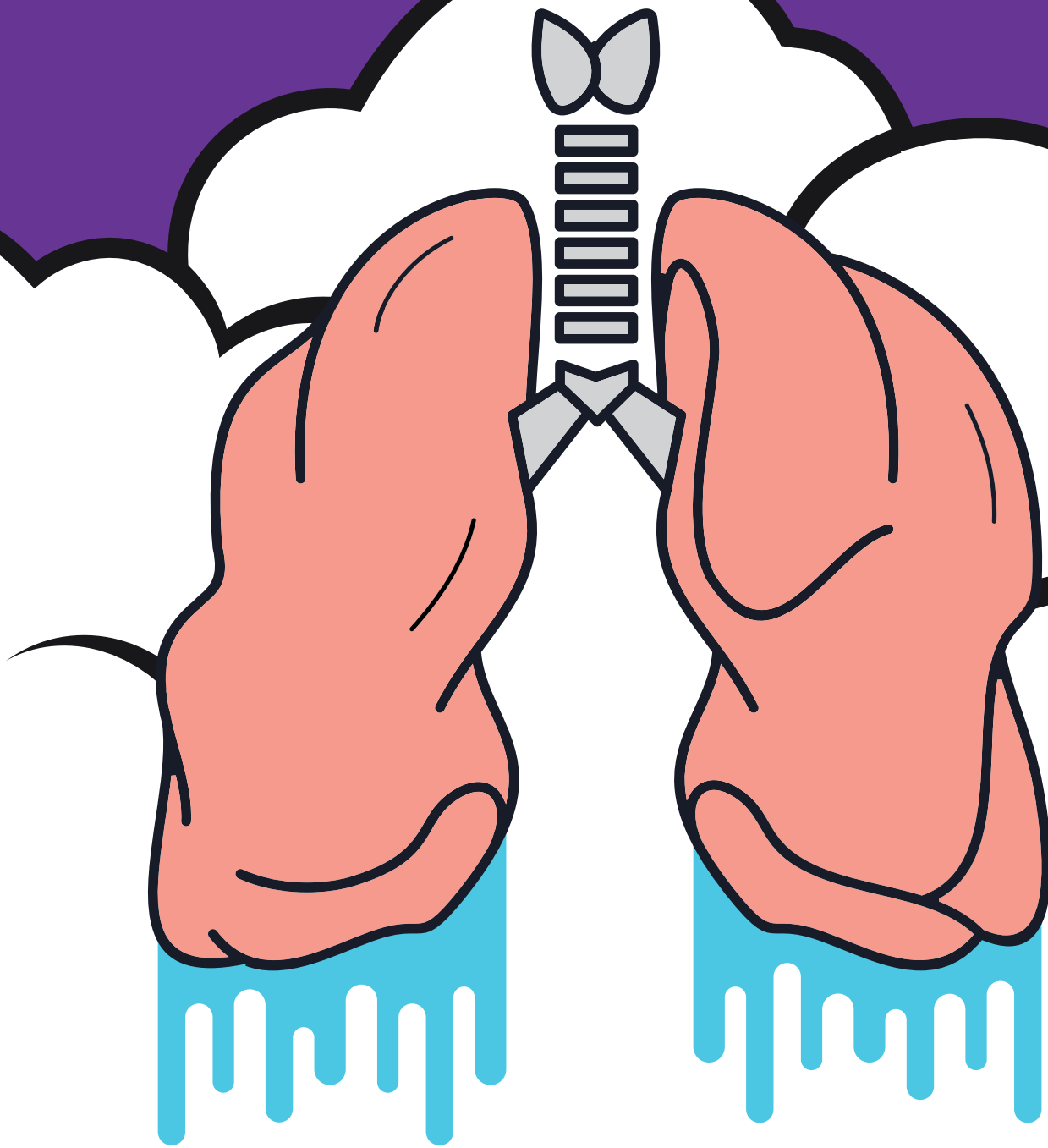
NICOTINE AFFECTS YOUR ABILITY TO LEARN AND REMEMBER

**VAPING  
CAN CLOUD  
YOUR  
MEMORY.**

Vaping has long-term health effects.

***DON'T TREAT YOUR HEALTH  
LIKE AN EXPERIMENT.***

**[NotAnExperiment.ca](http://NotAnExperiment.ca)**



**IT'S NOT  
JUST HARMLESS  
WATER VAPOUR.**

***Vaping has been linked to severe lung disease.***

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WHAT THE INDUSTRY  
TELLS YOU

**REALITY**

NICOTINE  
DIACETYL  
PROPYLENE  
GLYCOL

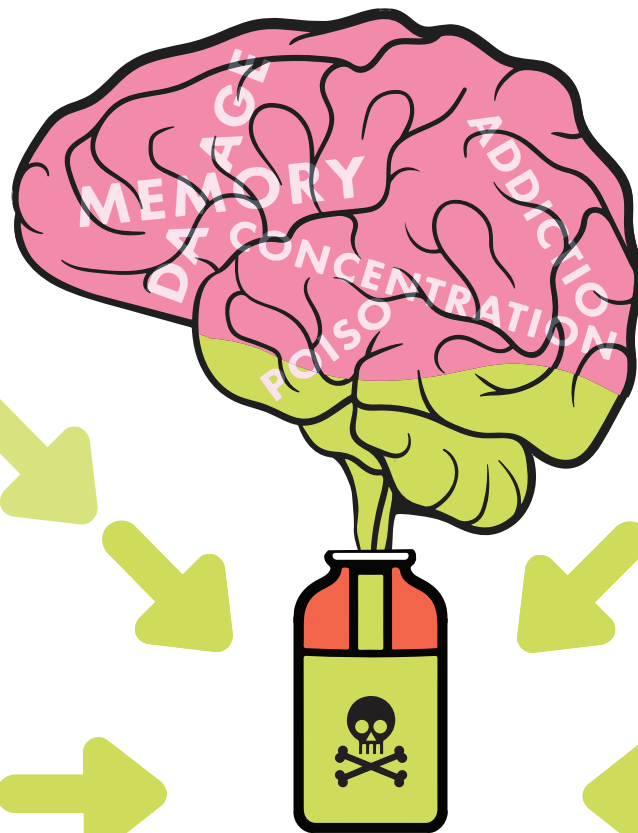
**DON'T FORGET TO READ THE FINE PRINT.**

Dangerous chemicals can hide behind seemingly harmless flavours.

[NotAnExperiment.ca](http://NotAnExperiment.ca)

# VAPING CAN MAKE **STRESS** WORSE.

**THE ONLY THING VAPING  
GIVES IS AN  
ADDICTION TO NICOTINE.**



**DON'T LET VAPING MESS  
WITH YOUR MENTAL HEALTH.**

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# FEELING PRESSURED TO VAPE?

**PRACTICING WHAT TO SAY CAN HELP!**

→ → → **REFUSE THE OFFER** ← ← ←

**NA, I'M GOOD!**

**NA, THAT STUFF ISN'T FOR ME.**

→ → → **SUGGEST SOMETHING ELSE** ← ← ←

**I'D RATHER GET SOMETHING TO EAT WANNA COME?**

**NO THANKS. HEY CHECK OUT THIS TIKTOK!**

**DEAL WITH STRESS,  
HANG WITH FRIENDS & HAVE FUN  
WITHOUT VAPING.  
FIND WAYS THAT WORK FOR YOU!**

**NotAnExperiment.ca**

# DEALING WITH STRESS OR ANXIETY?

VAPING CAN MAKE IT WORSE

TRY THESE INSTEAD



**BE MINDFUL**



**LISTEN TO MUSIC**



**GET ACTIVE**

**LEARN HOW VAPING AFFECTS MENTAL HEALTH.**

[NotAnExperiment.ca](http://NotAnExperiment.ca)

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**VAPING  
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THAN JUST YOU.**

**Secondhand Vapour Is Not Harmless**

**TAKE  
THE CLOUDS OUTSIDE**

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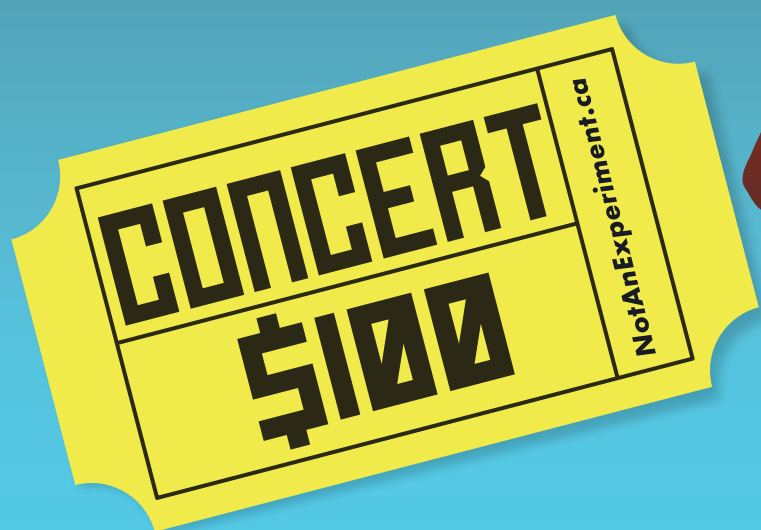
**YOU'VE BEEN FINED**

**\$305**

**FOR VAPING ON SCHOOL PROPERTY**

**What Would You Rather Spend  
Your Money On?**

**Take It Outside**



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