

What is Vaping?



The action or practice of inhaling and exhaling vapour containing nicotine and flavouring produced by a device designed for this purpose.

Source: Oxford Languages

E-Cigarettes

E-cigarettes, also known as e-cigs, vapes, e-hookahs, vape pens, or Electronic Nicotine Delivery Systems (ENDS), are battery-operated devices that heat a liquid to create an aerosol for inhalation.



Source: Adolescents and E-cigarettes in India: A Qualitative Study of Perceptions and Practices, Asian Pacific Journal of Cancer Prevention 2022

Anxiety & Depression

**Sleep
Problems**

**Becoming
a Smoker**

***Risks of
Vaping***

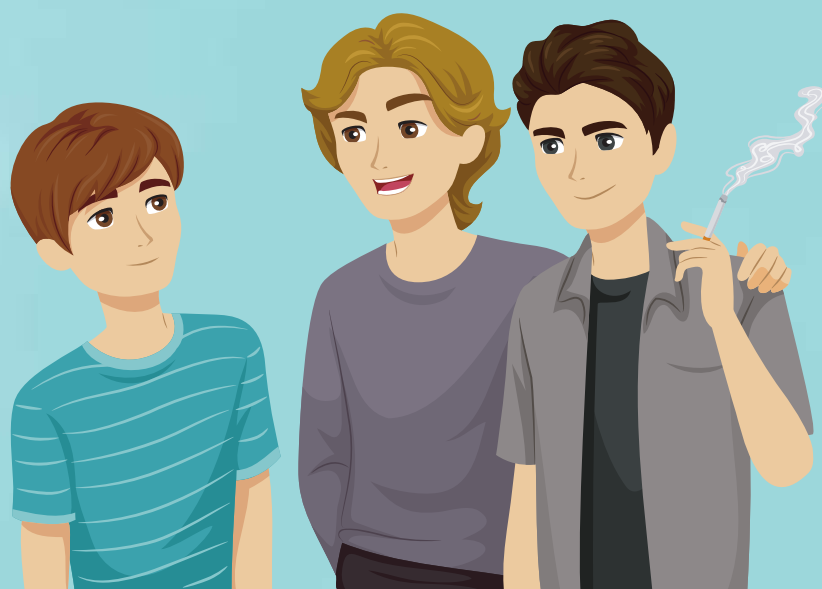
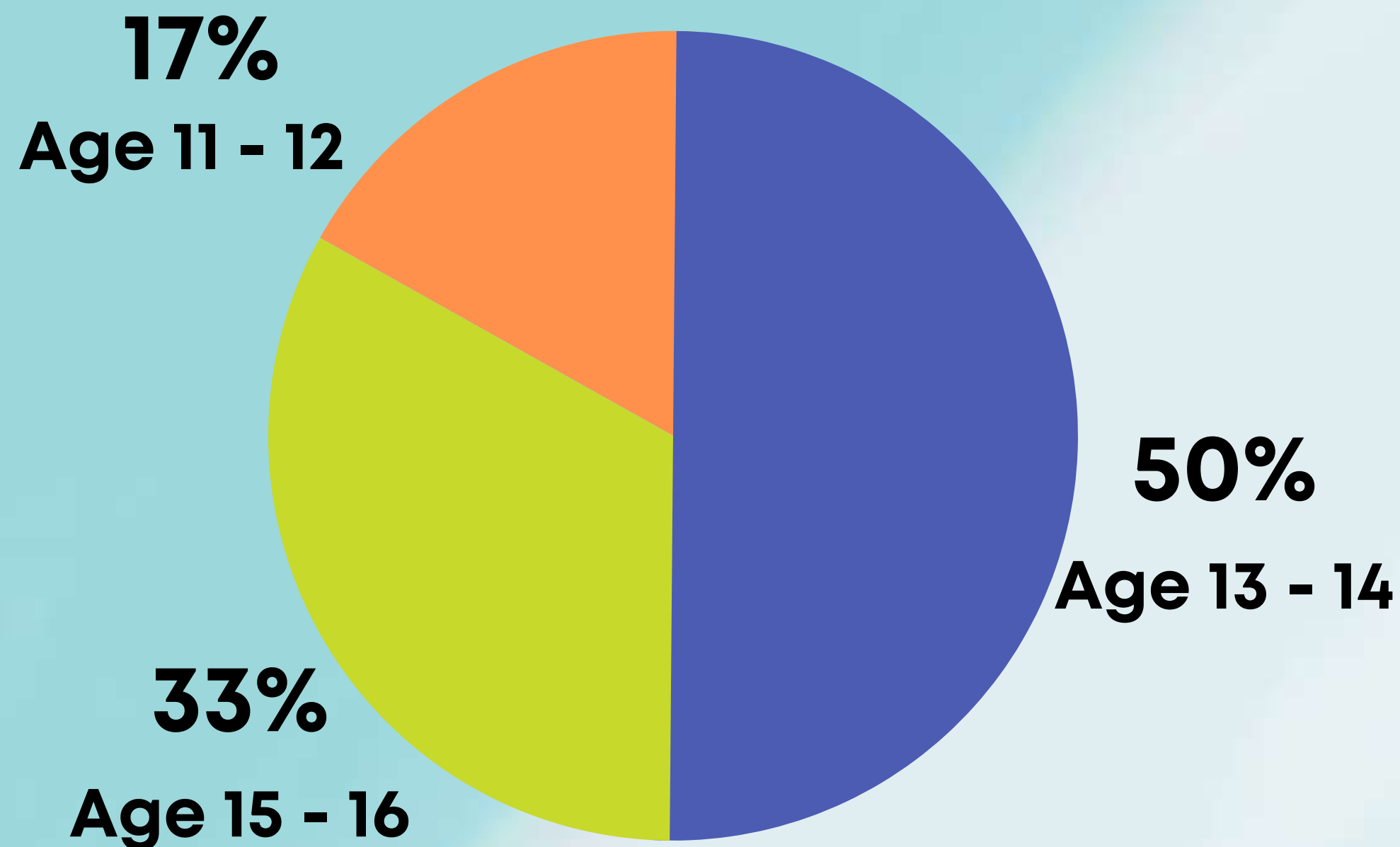
**Lung
Infections**

**Exposure
to Cancer**



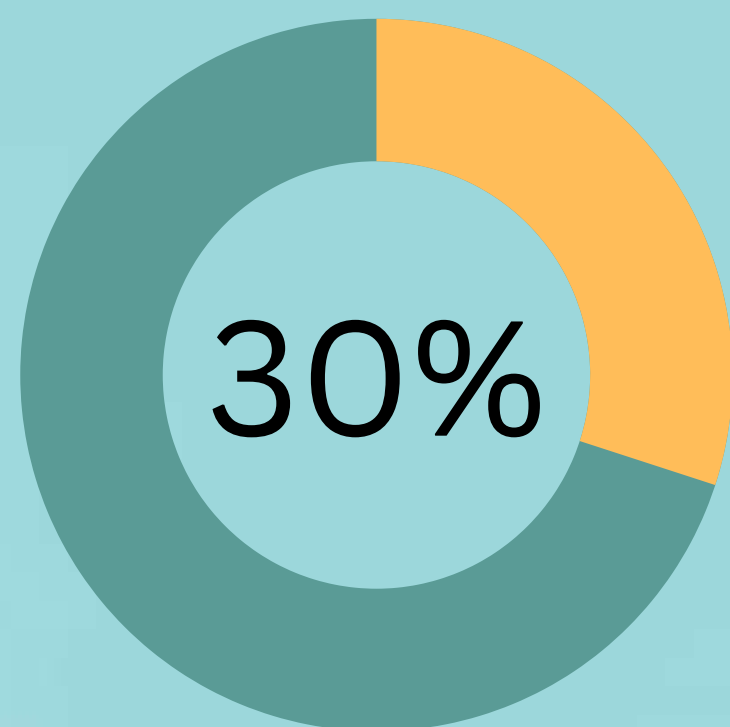
Source: Nemours Kids Health

Age Groups of Children Using E-Cigarettes

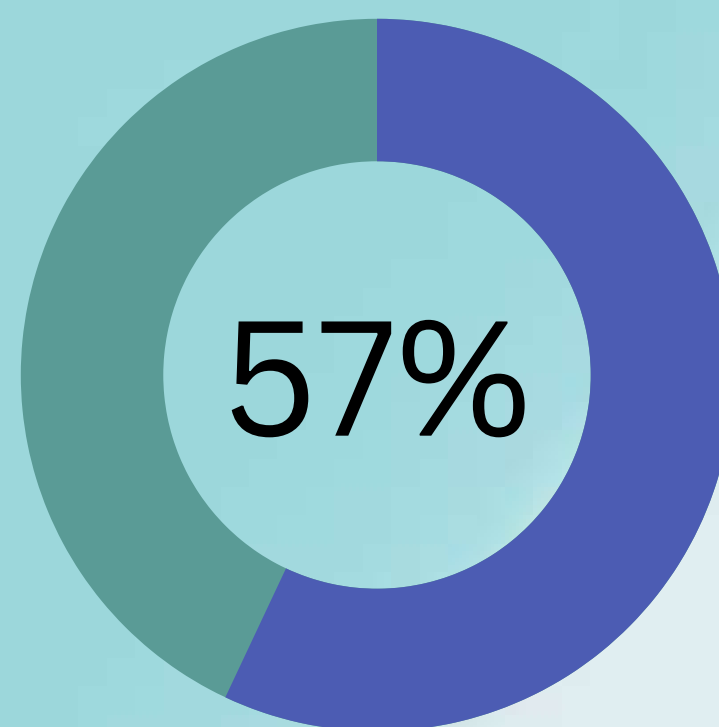


Source: Adolescents and E-cigarettes in India: A Qualitative Study of Perceptions and Practices, Asian Pacific Journal of Cancer Prevention 2022

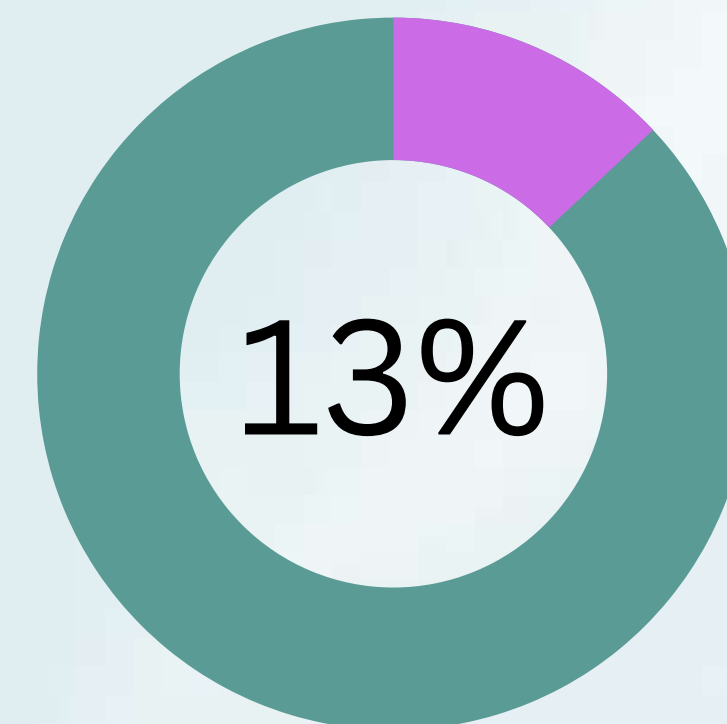
Average Duration of Addiction to E-Cigarettes



Less than 1 year



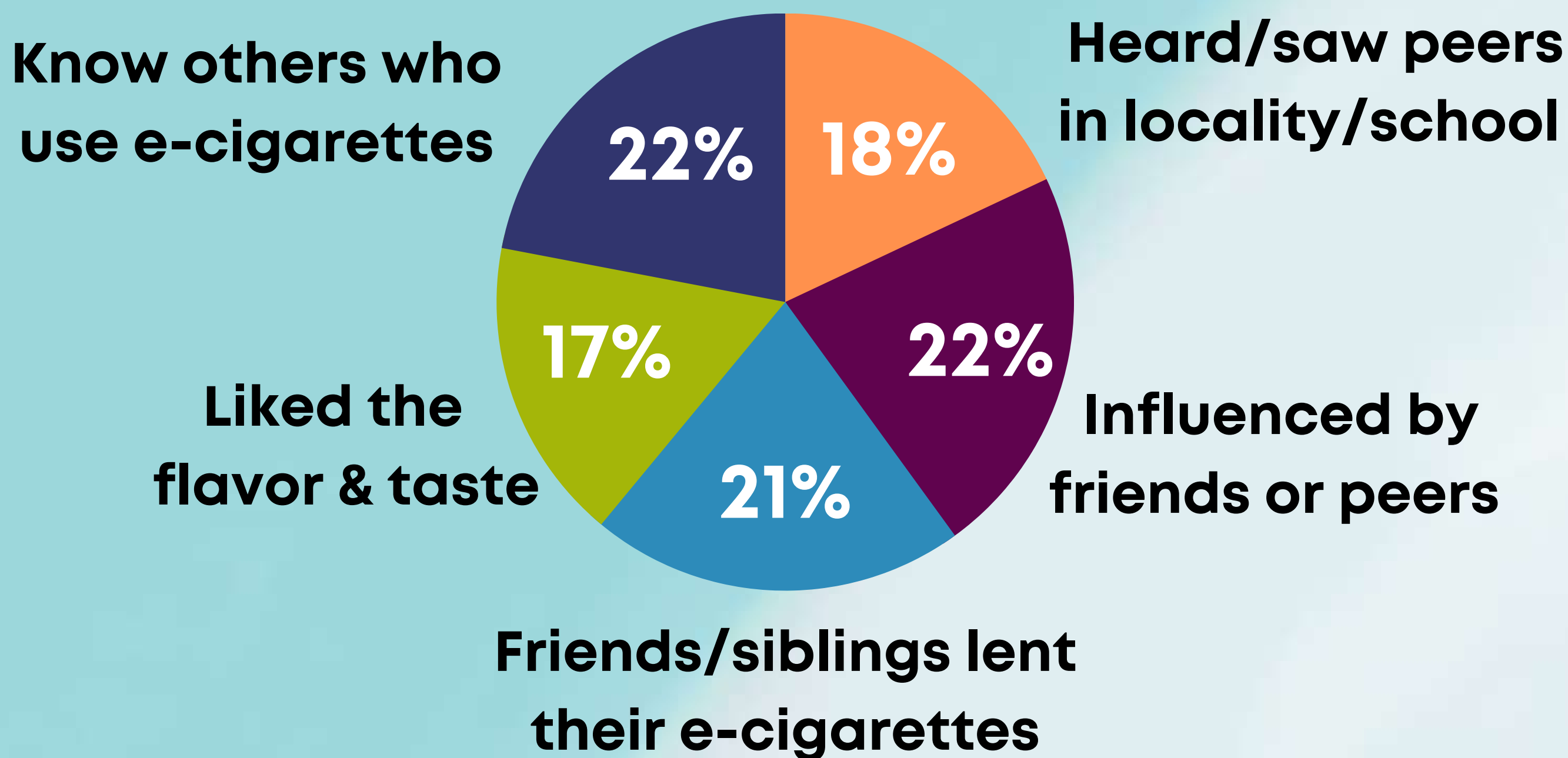
1 to 3 years



More than 3 years

Source: Adolescents and E-cigarettes in India: A Qualitative Study of Perceptions and Practices, Asian Pacific Journal of Cancer Prevention 2022

Why Teens Start Vaping



Source: Adolescents and E-cigarettes in India: A Qualitative Study of Perceptions and Practices, Asian Pacific Journal of Cancer Prevention 2022

Myths Related Vaping



Vaping isn't Bad For You



Vaping isn't healthy for you! Most vapes contain nicotine, the most addictive drug in the world.



Vaping is Safer Than Smoking Cigarettes



Less harmful doesn't mean safe! Vapes are still harmful to your health.



Vaping is Just Harmless Water Vapour



Vapes contain at least 10 chemicals linked to harms like cancer, birth defects and reproductive issues.



Vaping Will Help Me Quit Smoking



There isn't enough research to support the claim that vaping can help people quit smoking.



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***“It is in your moments of decision
that your destiny is shaped.”*** – Tony Robbins

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