



# ON THEIR SHARP MINDS

# Be sure to check your point of view about vaping. Make health choices using facts not beliefs.

The aerosol from vaping products is not just harmless water.



Although vapes may seem less harmful than cigarettes they are not without health risks.

#### BE CLEVER. KNOW THE FACTS. unfilteredfacts.ca/vaping



## What might appear innocent and safe is actually dangerous.

The aerosol from vaping products is not just harmless water; it contains chemicals that can lead to:

 lung damage • gum disease



- changes in the brain
- addiction

#### RESIST THE TRAP. KNOW THE FACTS. unfilteredfacts.ca/vaping





# Guard your mental health by not vaping.

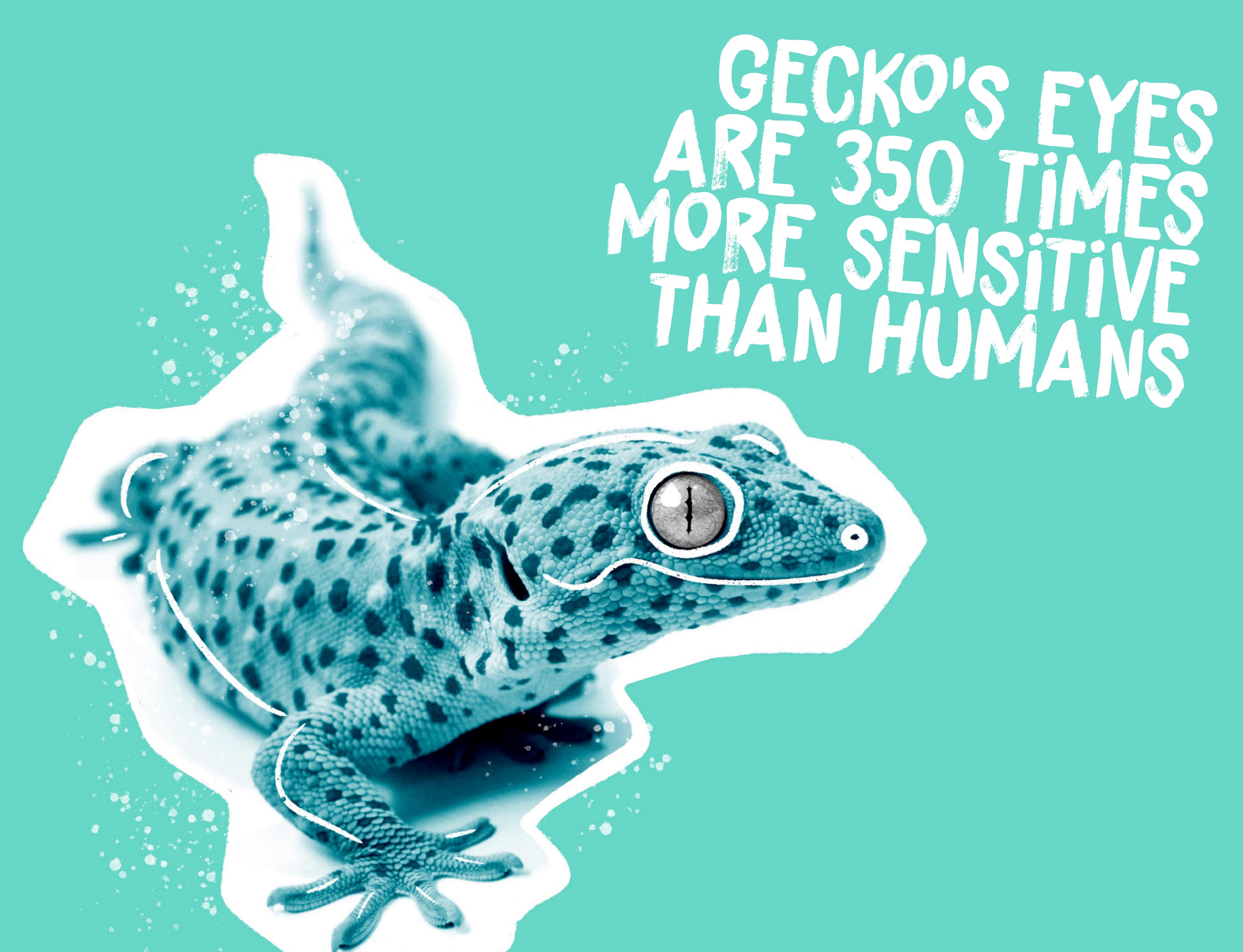
The industry would lead you to believe that vaping helps you relax. However, research shows that vapers are 2x as likely to



#### suffer from:

- depression
- anxiety; and
- emotional problems.

### PROTECT YOURSELF. KNOW THE FACTS. unfilteredfacts.ca/vaping



# See the truth about vaping.

The aerosol from vaping products is not just harmless water vapour; it contains:

- nicotine
- heavy metals like lead from



heating coils; and
flavourings that were never meant to be inhaled.

#### SEE THE LIGHT. KNOW THE FACTS. USE YOUR INSTINCTS. unfilteredfacts.ca/vaping





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## **Even vape companies** admit their products are dangerous.

Yet they target youth through:

fun flavours & trendy designs



- social media influencers
- hosting summer camps
- marketing in school classrooms

#### SAME TACTICS. NEW PRODUCT. KNOW THE FACTS. unfilteredfacts.ca/vaping

# THE MINUTE YOU BRING A UNICORN NTO A STORY YOU KNOW IT'S A



#### Canada's leading vape company does not make a "no nic" product. One pod = as much nicotine as an entire pack of cigarettes.

A higher amount of nicotine with tasty flavours; the industry's magic formula for creating a new generation of users.



#### SPOT THE MYTHS. KNOW THE FACTS. USE YOUR INSTINCTS. unfilteredfacts.ca/vaping





#### FISH STAY IN A GROUP BECAUSE BECAUSE IHERE IS SAFETY IN NUMBERS.

# Despite common belief, most youth don't vape.

Although vaping in youth is on the rise, a large recent study shows that 85% of Canadian teens are not vaping.



You can still swim with the squad without getting hooked.

### BE SCHOOLED. KNOW THE FACTS. USE YOUR INSTINCTS. unfilteredfacts.ca/vaping