

Actually, **vaping / juuling** is terrible for you.



There are healthier ways to **de-stress** and **escape school pressure**.

- Try practicing deep-breathing, getting a bit of exercise each day, talking to a close friend, or even taking a quick power-nap instead.

Call 1-800-QUIT-NOW or 317-828-9248 if you need help quitting any kind of tobacco use.