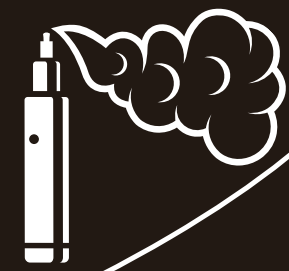


Darth Vape





Why do people vape?

---



# Why do people vape?

They taste good



They smell nice

Some indoor spaces allow vaping but not smoking



Helps to stop smoking

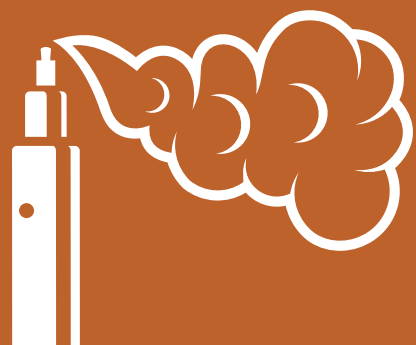


It's cheaper



Less harmful to those around us than smoking cigarettes

They are better for you IF you already smoked before

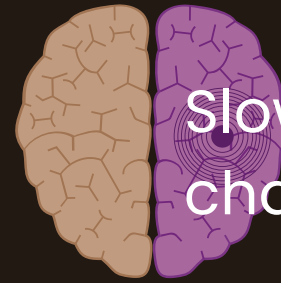


# Did you know?

Vaping causes...



Nose bleeds  
Fever, coughs, colds



Slower brain processing and increases chances of strokes



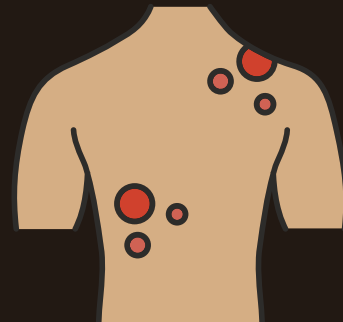
Sore throats/ulcers in throat



Hair loss



Teeth loss



Wrinkly and spotty skin, early

Narrows the pathways blood flow in your heart, increasing risk of heart attacks



Diarrhoea, Sickness, smelly farts



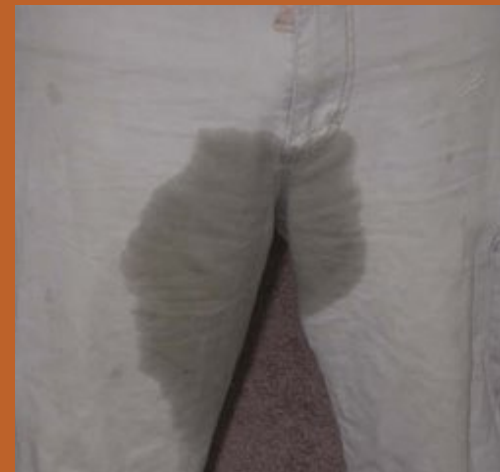
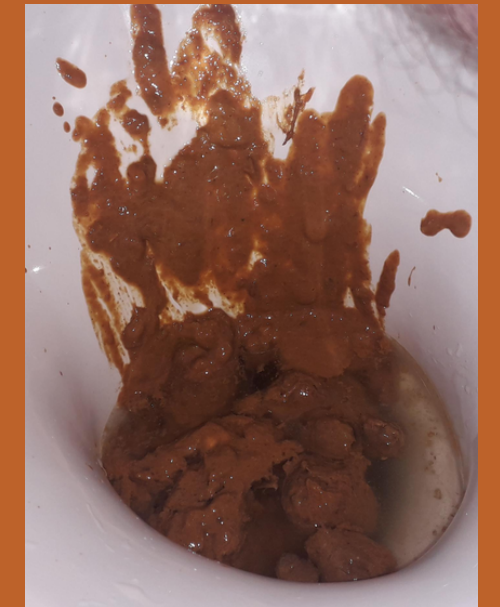
Girls - Infertility, Lower chance of being able to have children



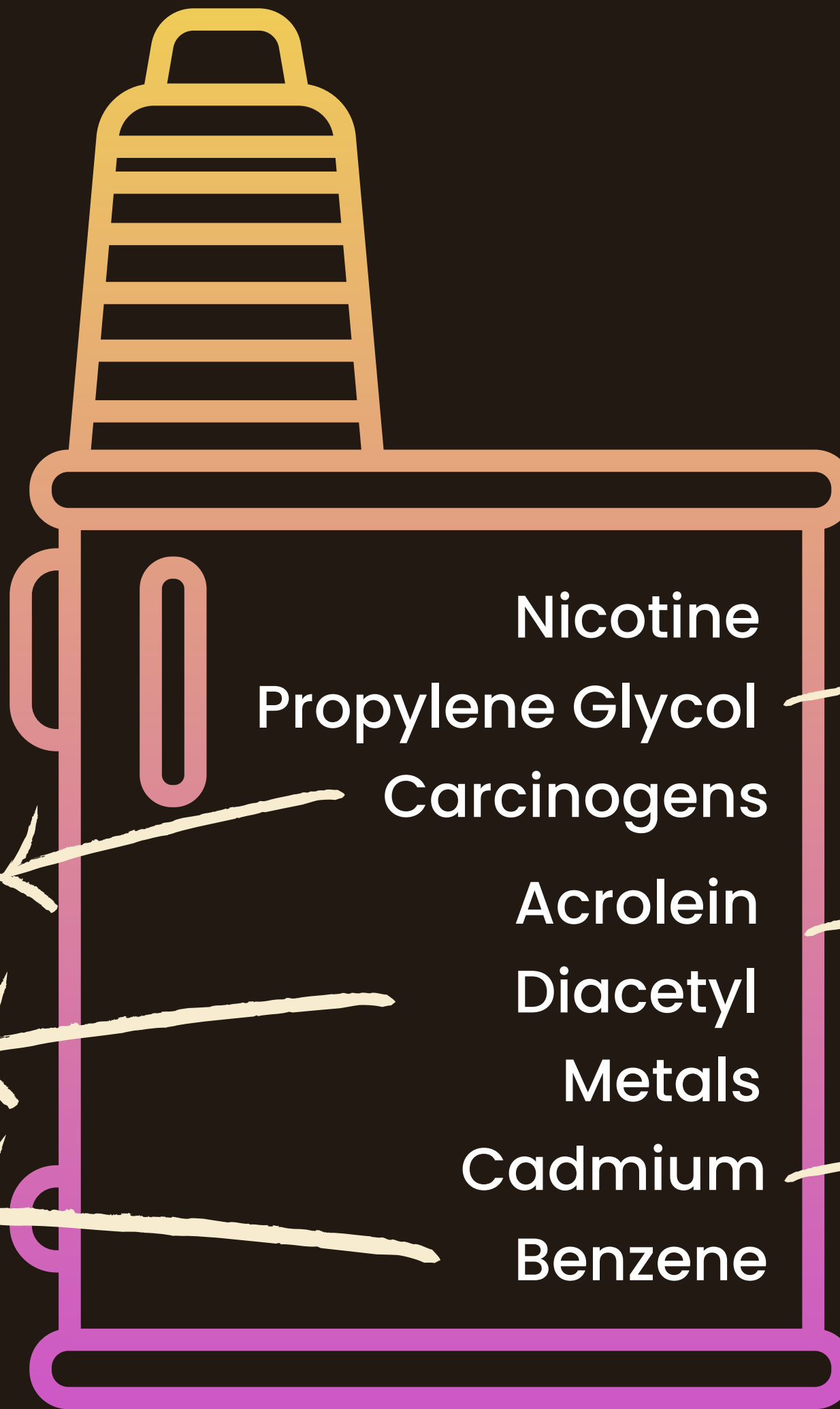
Weakened bladder



# The real images...



# What's inside a vape?



Anti-freeze products  
and paint solvents

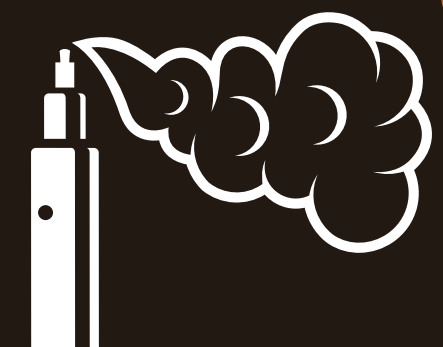
Causes cancer

Weed Killer

Lung Disease

Breathing Issues

Car exhausts



Vapes a fire hazard?



# Vapes a fire hazard?



True, if the battery inside becomes too hot, the battery can explode and cause fires.

Does a disposable vape hold the same amount of nicotine as 20 cigarettes?



Does a disposable vape hold the same amount of nicotine as 20 cigarettes?



True, 1 disposable vape with a 2ml tank is the same as smoking 20 Cigarettes.

Vaping improves your  
anxiety



Vaping improves your  
anxiety



False, Vaping increase your risk of anxiety and other mental health issues.

Vapes do not contain illegal substances.



Vapes do not contain illegal substances.



False, More people are now putting illegal substances into vapes.

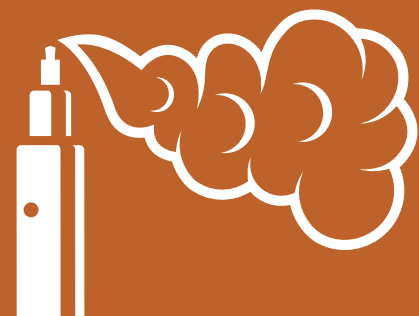
You have to be 15 to be  
able to buy a vape.



You have to be 15 to be  
able to buy a vape.



False, You have to be 18 to purchase a vape.



**xhelilajj** Sharing for awareness 🇸🇨🇵

My lung collapsed from smoking vapes. I've been in hospital for over a week almost 2 weeks now with a drain tube in my lungs in slide 3. They started with a needle in my lung to let the air out but that didn't work, they decided to put a tube in and that didn't work, x rays everyday taking morphine they decided to try another tube on my chest and it worked 🙏 I've been in so so much pain, I've not been able to walk or talk. I've been scared and hesitant to even post but this situation and changed my life so much and I can't believe it happened to me, I always see things online about stories and things happening to people but I never thought it would be me, I just want to share and let people know those disposable vapes everyone smokes are so dangerous! i woke up with a shooting sharp pain in my chest and through my back/spine, out of breathe on my hands and knees crying for help, every breath I took was so painful I was trying to stop myself breathing so much then I started to panic, out of no where my lung had collapsed from smoking them. I dialled 999 straight away If you or your friends smoke them please try stop, im so traumatised but im grateful I'm healing now, I'm feeling better, im hoping to go home very soon 💜 everyone that's messaged me I appreciate you all so much 🙏💜

[View all 260 comments](#)



My Vaping Mistake: How it affected my mental health | AwesomenessTV



Share



**I DIDN'T  
HAVE  
ANXIETY  
BEFORE  
THIS**

Watch on  YouTube



# Mental Health Impacts...

## The new 'Depression sticks'

Increase in mood swings.

Vaping causes an increase in shortness of breath and really affects your breathing pattern.

Going out for a vape is seen as 'a break', 'a time to breath' when actually it's making your anxiety worse.

Nicotine addiction also increases sensitivity to stress and you end up struggling with coping mechanisms.

Any addiction is bad for your mental health, nicotine is just as addictive as heroine. How do you feel when you don't have access to something you feel you need?

Nicotine negatively affects mood and brain functioning which makes you more likely to experience mental health issues.

Increase in likelihood of experiencing depression.



How much of this did you already know?

Does this change your views towards vaping?

