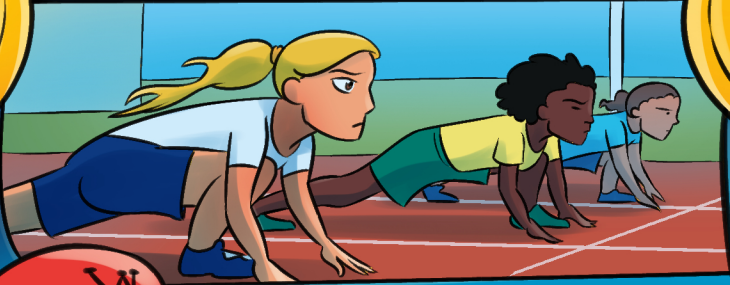




CHAMPION

FIRST PLACE



WORLD SERIES  
GRAND CHAMPION



# BE A CHAMPION



LIVE HEALTHY &  
ADDICTION-FREE!

ANTI-VAPING JR. AGENT FIELD TRAINING MANUAL

HELLO FUTURE ANTI-VAPING JUNIOR AGENTS!

I'M LIZ MURRILL, THE LOUISIANA STATE ATTORNEY GENERAL! WITH THE HELP OF MY AGENTS, WE'RE GOING TO HELP YOU BECOME A CHAMPION BY EQUIPPING YOURSELF WITH THE KNOWLEDGE NECESSARY FOR GREAT CHOICES IN HEALTH AND ACTIVITY!

IF YOU'RE READY, LET'S BEGIN!

FIRST, I WANT TO TEACH YOU ABOUT THE DANGERS OF VAPING!



## NICOTINE



A CHEMICAL PRODUCED BY THE TOBACCO LEAF, COMMONLY FOUND IN CIGARETTES, PIPE LEAF, AND CIGARS. NICOTINE IS WHAT MAKES SMOKING AND VAPING ADDICTIVE.



NICOTINE IS ALSO SYNTHETICALLY PRODUCED IN E-CIGARETTES (ALSO KNOWN AS VAPES), WHICH ARE BATTERY POWERED DEVICES.

DESPITE THE ATTRACTIVE COLORS AND FLAVORS, THESE DEVICES ARE JUST AS HARMFUL AND ADDICTIVE AS THE PRODUCTS MENTIONED EARLIER.

## THE CYCLE OF ADDICTION

ADDICTION IS A CYCLE OF BEHAVIOR THAT OCCURS WHEN PEOPLE ARE UNABLE TO CONTROL 'OR RESTRICT THEIR ACCESS TO A CHEMICAL OR ACTIVITY.

WITH NICOTINE, A PERSON MAY FEEL BETTER FOR A MOMENT AFTER THEY SMOKE OR VAPE, BUT AFTER A TIME, THEY BEGIN TO FEEL AGITATED OR EVEN SICK AND SEEK THE SAME CHEMICAL FIX AGAIN.

AS THE CYCLE GOES ON, HEALTH AND BEHAVIORAL PROBLEMS BEGIN TO FORM FROM THE PATTERN OF ADDICTION.







THERE'S SOMETHING YOU NEED TO KNOW ABOUT VAPING...

IT INCREASES THE RISK OF ADDICTION TO NOT ONLY NICOTINE BUT OTHER DANGEROUS SUBSTANCES AS WELL.

VAPING IS ASSOCIATED WITH HIGHER LEVELS OF ADHD SYMPTOMS, AND ADULT VAPERS HAVE NEARLY TWICE THE ODDS OF DEVELOPING DIFFICULTIES WITH CONCENTRATION, MEMORY, OR DECISION MAKING.

IF VAPE USERS AREN'T CAREFUL THEY'LL BE CAUGHT IN AN ENDLESS HAMSTER WHEEL OF STRESS!



# IT'S TIME TO TALK FACTS ABOUT FALSE ADVERTISING!

**"TOBACCO-FREE" DOES NOT MEAN "NICOTINE-FREE."**

SYNTHETIC NICOTINE (MADE IN A LAB) IS ADVERTISED AS BEING SAFER. SINCE SYNTHETIC NICOTINE IS NEW, WE DON'T HAVE A LOT OF FACTS ON IT, YET. NICOTINE MANUFACTURERS DON'T SHARE THE PROCESS USED IN CREATING THEIR CHEMICALS.

!!!!!! THIS MEANS WE HAVE NO IDEA WHAT'S IN IT!!!!

**"CLEAN" AND "FREE" ARE WORDS USED TO ADVERTISE VAPING.**

»»» IN REALITY THIS IS NOT TRUE. IT'S STILL HARMFUL TO YOUR BRAIN AND BODY! «««

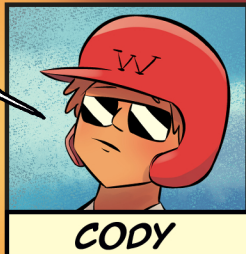




IS THIS SENTENCE TRUE...?

"Nicotine is an addictive chemical and can damage your brain, lungs, and other organs that are still developing at your age."

**TRUE!**     **FALSE!**

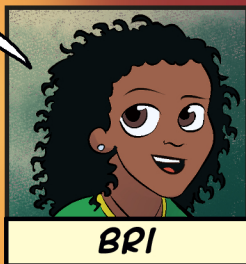


HOW DO COMPANIES ATTRACT YOU AND YOUR FRIENDS THROUGH THEIR ADVERTISEMENT OF VAPING DEVICES?

- COOL DESIGNS.                       FUN SMELLS AND FLAVORS.
- ADVERTISING TERMS LIKE "CLEAN," "PURE," OR "TOBACCO FREE."                       ALL OF THE ABOVE.

HOW DOES VAPING CONTRIBUTE TO NICOTINE ADDICTION?

- NICOTINE IS HIGHLY ADDICTIVE AND IS FOUND IN E-CIGARETTES.                       KIDS WHO USE NICOTINE MAY BE AT INCREASED RISK FOR FUTURE ADDICTION TO OTHER DRUGS.
- USING NICOTINE DURING YOUTH CAN HARM THE PART OF THE BRAIN RESPONSIBLE FOR BEHAVIOR                       ALL OF THE ABOVE.



HERE'S A TRUE/FALSE TEST FOR YOU!

"Nicotine in any form, whether that's synthetic (made in a laboratory) or tobacco-based, is an addictive chemical."

**TRUE!**     **FALSE!**

**QUIZ COMPLETE!**





SOMETHING THAT YOU NEED TO KNOW IS THAT VAPING CAN EXPOSE THE LUNGS TO HARMFUL CHEMICALS AND ULTRAFINE PARTICLES THAT CAN DAMAGE LUNG TISSUE.



TIN



NICKEL



LEAD

THIS DAMAGE CAN LEAD TO LONG-TERM HEALTH ISSUES, EVEN LUNG CANCER!



FORMALDEHYDE

SYMPTOMS OF LUNG DAMAGE INCLUDE: COUGHING, WHEEZING, AND SHORTNESS OF BREATH. IT ALSO WORSENS ASTHMA, AND IMPAIRS LUNG FUNCTION, MAKING IT HARDER FOR KIDS TO PARTICIPATE IN PHYSICAL ACTIVITIES.

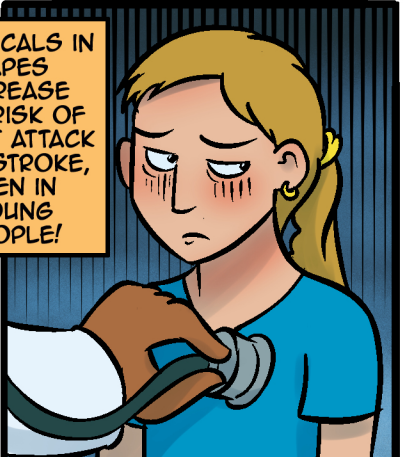


VAPING HARMS AREAS OF THE BRAIN RESPONSIBLE FOR ATTENTION, MEMORY, AND LEARNING, WHICH ARE STILL DEVELOPING DURING YOUR TEENAGE YEARS.


CHEMICALS IN VAPES INCREASE THE RISK OF HEART ATTACK AND STROKE, EVEN IN YOUNG PEOPLE!



SOME OF THESE VAPES MAY CONTAIN CERTAIN CHEMICALS THAT ARE DANGEROUS AND UNKNOWN.



**SELLING VAPES TO MINORS IS ILLEGAL!**



HEY THERE! MY NAME IS BRI, AND I WANT TO TEST YOUR KNOWLEDGE ABOUT THE EFFECTS OF VAPING AND NICOTINE ON YOUR BODY!

ARE YOU READY...?

**LET'S GO!!!**

HOW DOES VAPING AFFECT THE DEVELOPING TEENAGE BRAIN?

VAPING CAN HARM AREAS OF THE BRAIN RESPONSIBLE FOR ATTENTION, MEMORY, AND LEARNING.

BOTH ARE TRUE.

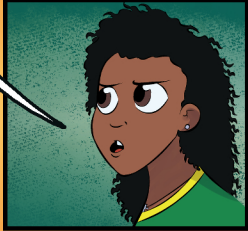

VAPING CAN INCREASE THE RISK OF FUTURE ADDICTION TO NICOTINE AND OTHER SUBSTANCES.

BOTH ARE FALSE.

DO YOU KNOW IF THIS IS A TRUE STATEMENT...?

"Vaping exposes the lungs to dangerous chemicals and ultra-fine particles that damage lung tissue. This can lead to breathing problems, long-term health issues, and even lung cancer!"

**TRUE!**     **FALSE!**

DOES THIS SOUND TRUE TO YOU?


"E-cigarettes (vaping) are battery-powered devices that deliver nicotine and flavorings in the form of aerosol. Many aerosol particles contain dangerous metals, which are linked to heart disease."

**TRUE!**     **FALSE!**

MAKE HEALTHY CHOICES! CAN YOU FIND ALL THE NEGATIVE IMPACTS VAPING HAS ON YOU AND YOUR BODY?

BETTER MEMORY     ADDICTION

CONTAINS HARMFUL CHEMICALS     IMPROVES YOUR GRADES





# RESIST PEER PRESSURE.

**JUST BECAUSE YOUR FRIENDS VAPE DOESN'T MEAN YOU HAVE TO.**

SAYING "NO" IS QUICK AND EASY. TRUE FRIENDS WILL RESPECT YOU SAYING "NO" AND MOVE ON TO ENJOY THEIR TIME WITH YOU.

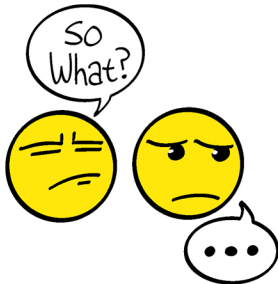


IF YOU'RE DEALING WITH STRESS OR SADNESS, DON'T GIVE IN TO COMPULSIVE HABITS LIKE VAPING OR SMOKING, THERE ARE THINGS YOU CAN DO LIKE LEARNING **STRESS MANAGEMENT**.

LEARNING STRESS MANAGEMENT IS THE WAY TO GO, AND CAN EVEN BE FUN!

BUT TO MANAGE STRESS, FIRST YOU HAVE TO IDENTIFY THE CAUSES OF YOUR STRESS! SOME SOURCES OF STRESS MAY INCLUDE THE FOLLOWING...

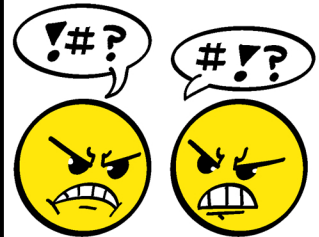
## LOW SELF-ESTEEM



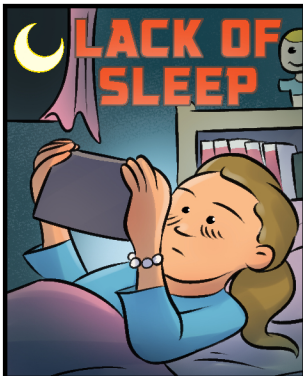
## SOCIAL MEDIA



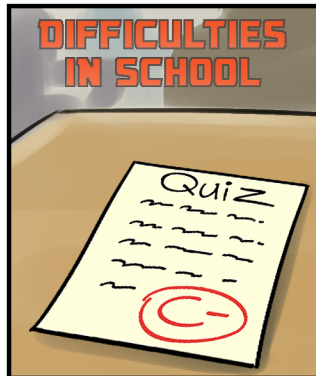
## CONFLICT



## LACK OF SLEEP



## DIFFICULTIES IN SCHOOL



## LONELINESS



**ONCE YOU'VE IDENTIFIED THE CAUSES OF STRESS IN YOUR LIFE, DO SOMETHING ABOUT IT!**

THERE ARE RESOURCES IN YOUR LIFE AVAILABLE TO ANYONE AT ANY AGE, REGARDLESS OF LIFE CIRCUMSTANCES. DON'T SIT ALONE IN FRUSTRATION OR SADNESS, EVERYBODY IS AT THEIR BEST WHEN WITH OTHERS, AND NO CHEMICAL CAN REPLACE LOVE, LAUGHTER, FRESH AIR, AND SUNSHINE!

IF YOU'RE AT A LOSS FOR IDEAS ON HOW TO DEAL WITH STRESS IN YOUR LIFE, HERE ARE A FEW EXAMPLES YOU CAN COMMIT TO MEMORY:

**JOIN A SPORTS TEAM OR HOBBY GROUP!**



**GET OUTSIDE WITH YOUR FRIENDS!**



**SETTLE ALL CONFLICTS OFFLINE!**



**WRITE YOUR FEELINGS DOWN IN A JOURNAL!**



**CONNECT WITH FAMILY!**



**LEARN A NEW ART OR SKILL!**



**VAPING IS NOT THE ANSWER.**

IF YOU'RE EXPERIENCING DIFFICULTIES, YOU'RE NOT ALONE. THERE ARE PEOPLE WHO HAVE BEEN THROUGH DIFFICULT TIMES THAT WANT TO HELP AND WANT TO SEE YOU BE YOUR BEST! TALK TO YOUR PARENTS AND TEACHERS. TALK TO A DOCTOR, A NURSE, OR A COUNSELOR. ALL OF THEM WANT TO SEE YOU SUCCEED AND LIVE A HEALTHY, ADDICTION-FREE LIFE!





WHAT'S UP?  
MY NAME'S CODY AND  
I'M GOING TO TEST  
YOUR KNOWLEDGE ON  
THE WAYS TO DECREASE  
STRESS AND RESIST  
PEER PRESSURE.

BY THE WAY...  
ARE YOUR FRIENDS,  
TRYING TO GET YOU  
TO SMOKE OR VAPE  
WITH THEM?  
WELL I GOT SOME NEWS  
FOR YOU, THEY MIGHT NOT  
BE THE BEST FRIENDS IN THE  
WORLD.  
ALRIGHT, HOW ABOUT WE  
STEP UP TO PLATE...



READY?

LET'S GO!!!

WHAT ARE SOME  
THINGS THAT CAUSE YOU  
STRESS?

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CAN YOU LIST THREE ACTIVITIES  
TO DECREASE STRESS?



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



COMPLETE THESE SENTENCES TO TELL ME HOW  
YOU RESIST PEER PRESSURE WITH VAPING AND  
OTHER DANGEROUS ACTIVITIES!

1. SAY \_\_\_\_\_ WITH CONFIDENCE!
2. HANG OUT WITH \_\_\_\_\_ WHO DON'T VAPE.
3. GO TO YOUR \_\_\_\_\_  
FOR SUPPORT AND GUIDANCE.

**QUIZ COMPLETE!**


**FIELD TRAINING  
COMPLETE!**



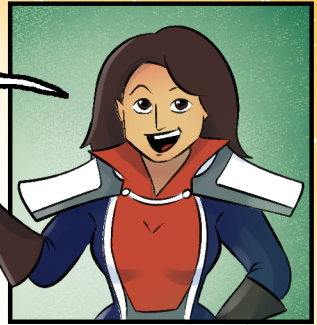
**BE A CHAMPION**  
LIVE HEALTHY &  
ADDICTION-FREE!

CONGRATULATIONS NEW ANTI-VAPING JR. AGENT!





GREAT JOB!  
NOW THAT YOU'RE  
A CHAMPION,  
CAN I GET YOUR  
AUTOGRAPH?



---

CHAMPION AND ANTI-VAPING JR. AGENT



YAY!



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