

VAPING CANNABIS

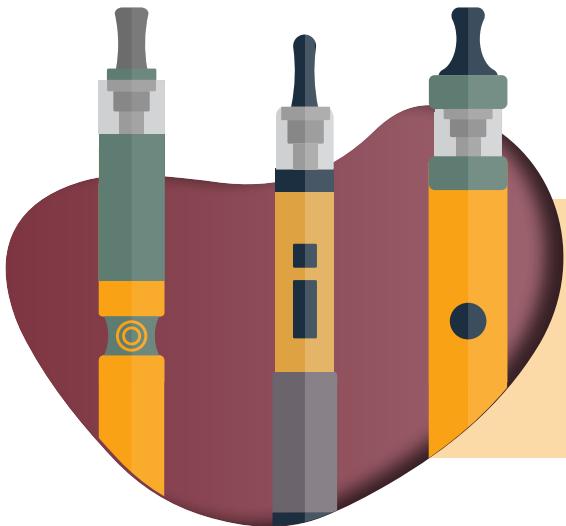
Cannabis Awareness
& PREVENTION
TOOLKIT

WHAT IS A "VAPE"

Vapes are e-cigarette devices used to **inhale and exhale aerosol**.

- **Aerosol:** Vapor containing harmful tiny particles produced when cannabis is heated.

Concentrated cannabis oil or wax is heated & **turned into an aerosol**, NOT a vapor.



REASONS NOT TO VAPE

1 THC	4 Heavy Metals
2 Cancerous Chemicals	5 VOCs
3 Ultrafine Particles	

NOTE: VOCs easily vaporize into the air allowing them to harm both the user & those nearby.

HEALTH CONCERNS

Produces a **cancer-causing** substance called tar, which creates a **sticky layer in the lungs** when inhaled over time.



Can leave up to **4x** the amount of **tar in your lungs** as cigarettes.

Causes **lung inflammation, cell damage, chronic cough, slowed breathing, & respiratory infections**.



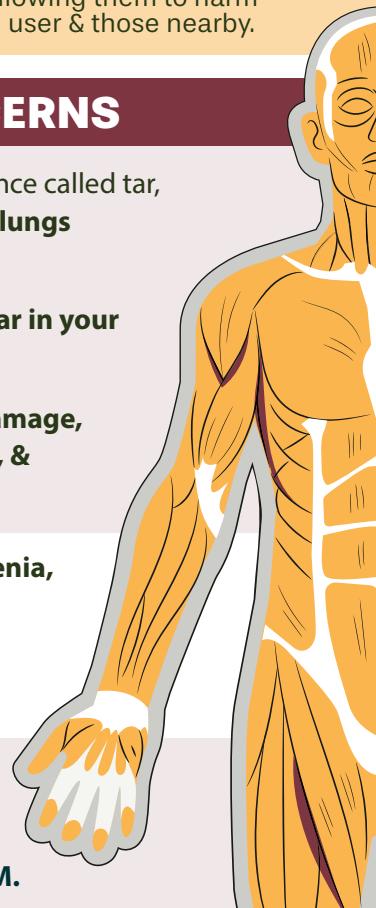
May increase the risk of **schizophrenia, depression, & anxiety**.

Can lead to **impaired learning, memory issues, & impulse control**.



Can **increase blood pressure & decrease heart function**.

Increases heart rate by 20-50 BPM.



"Vaping" cannabis is NOT a safe alternative to smoking, it is just another form of smoking cannabis.

REFUSAL TECHNIQUE

"I don't vape cannabis because it causes respiratory infections."



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