



COUNTRY MUSIC

ON TOUR

NOW THAT WE HAVE YOUR ATTENTION...

THIS IS YOUR SIGN TO STOP VAPING!

**INSTEAD, YOU COULD SPEND YOUR MONEY
BY GOING TO A CONCERT.**

VAPING COSTS \$95 PER MONTH

AVERAGE CONCERT TICKET COSTS \$77.

LISTENING TO MUSIC IS A POSITIVE COPING

STRATEGY, SO RATHER THAN VAPING

CHECK OUT OUR PLAYLIST BELOW!



Scan the code below to play
“Hot Country” on Spotify!



Text DITCHVAPE to 88709

YOUTH AMBASSADORS



instead of vaping
for a year, you
could buy...

- 285 grande Starbucks drinks
- a PlayStation 5, XBOX Series S and a Nintendo Switch
- 378 gallons of gas
- 168 movie tickets
- 151 medium pizzas

A N T I

V A P E

resources

quitassist.com

text QUIT to 47848

text DITCHVAPE to 88709

coping strategies
for addiction

fidgets to get over
cravings

breathing to help calm
down

talk to someone you trust
and feel safe confiding in
help other friends quit
with you

look into helplines and
positive mental health
websites

**Vaping is an
unnecessary and
unsafe cost.**

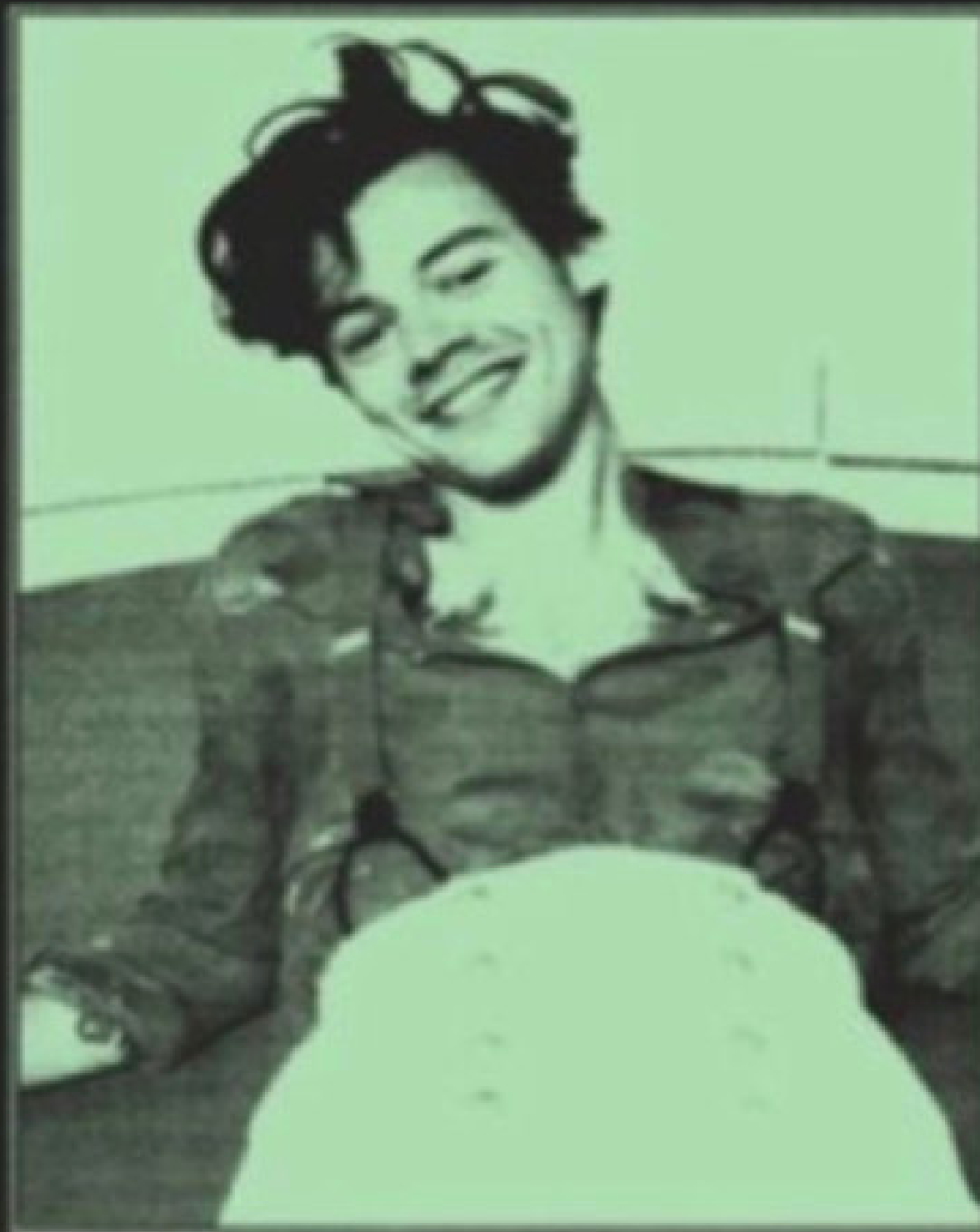
**You are
not alone.**

THIS GUY

PRESENTS

PROTECTION FROM VAPING

20



22

Healthy Coping Skills

One way to cope is by listening to uplifting music (it can be on your own, a choir concert, orchestra, or band performance)

Emily Spanguoll stated "Breathing is a good way to bring down cortisol".
Cortisol: stress hormone

Ways to Avoid Peer Pressure

Know WHY you don't want to vape

Have your go to "NO" responses

Examples:

"Sorry I can't I have to go _____"

Change the subject whenever its brought up

Help Hotlines

Text DITCHVAPE to 88709 (anonymous and open 24/7)

School counselors

Any supportive adult in your life who is willing to help

Healthy Coping Strategies

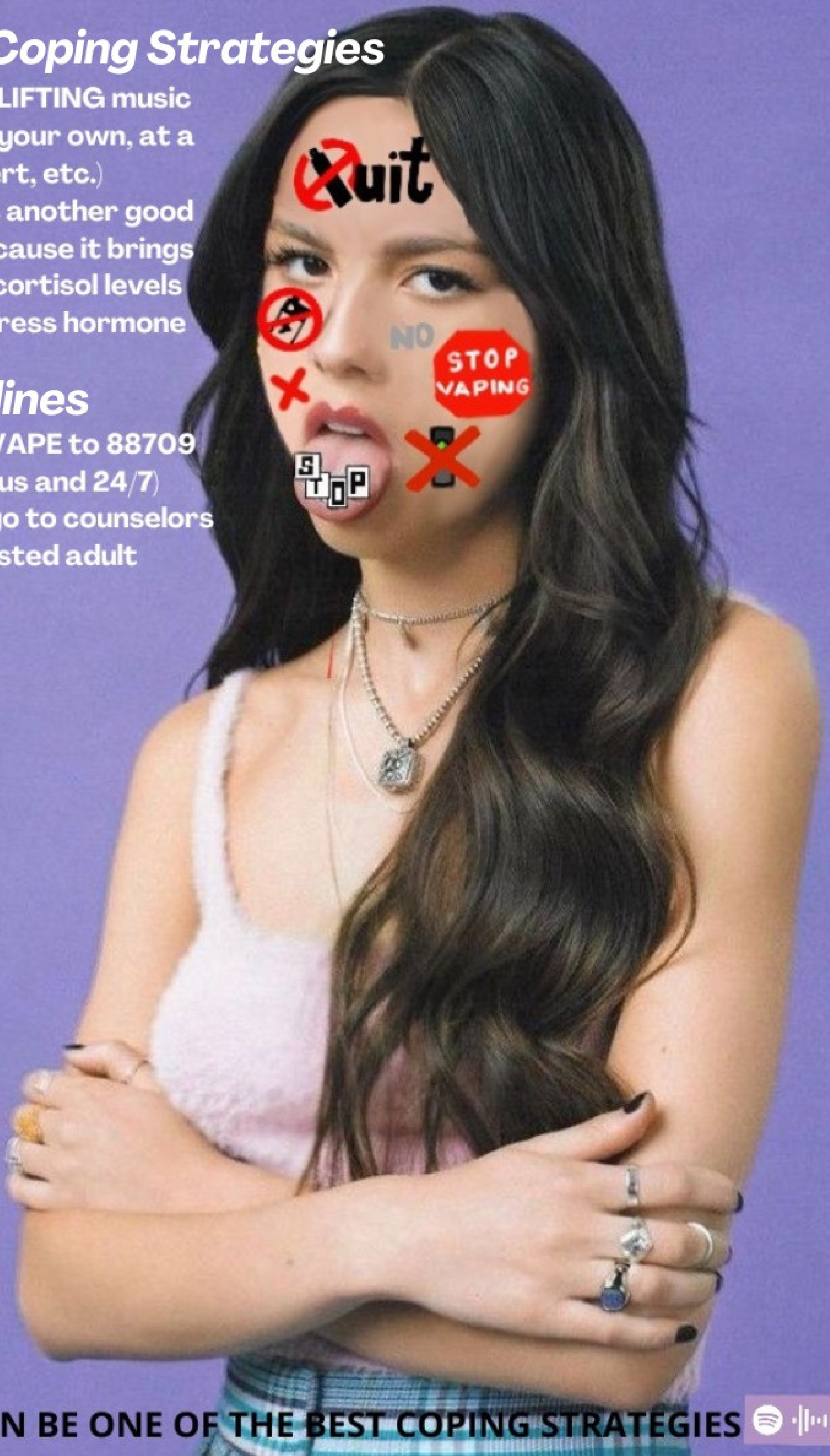
Listen to UPLIFTING music
(It can be on your own, at a concert, etc.)

Breathing is another good strategy because it brings down your cortisol levels
Cortisol: stress hormone

Help Hotlines

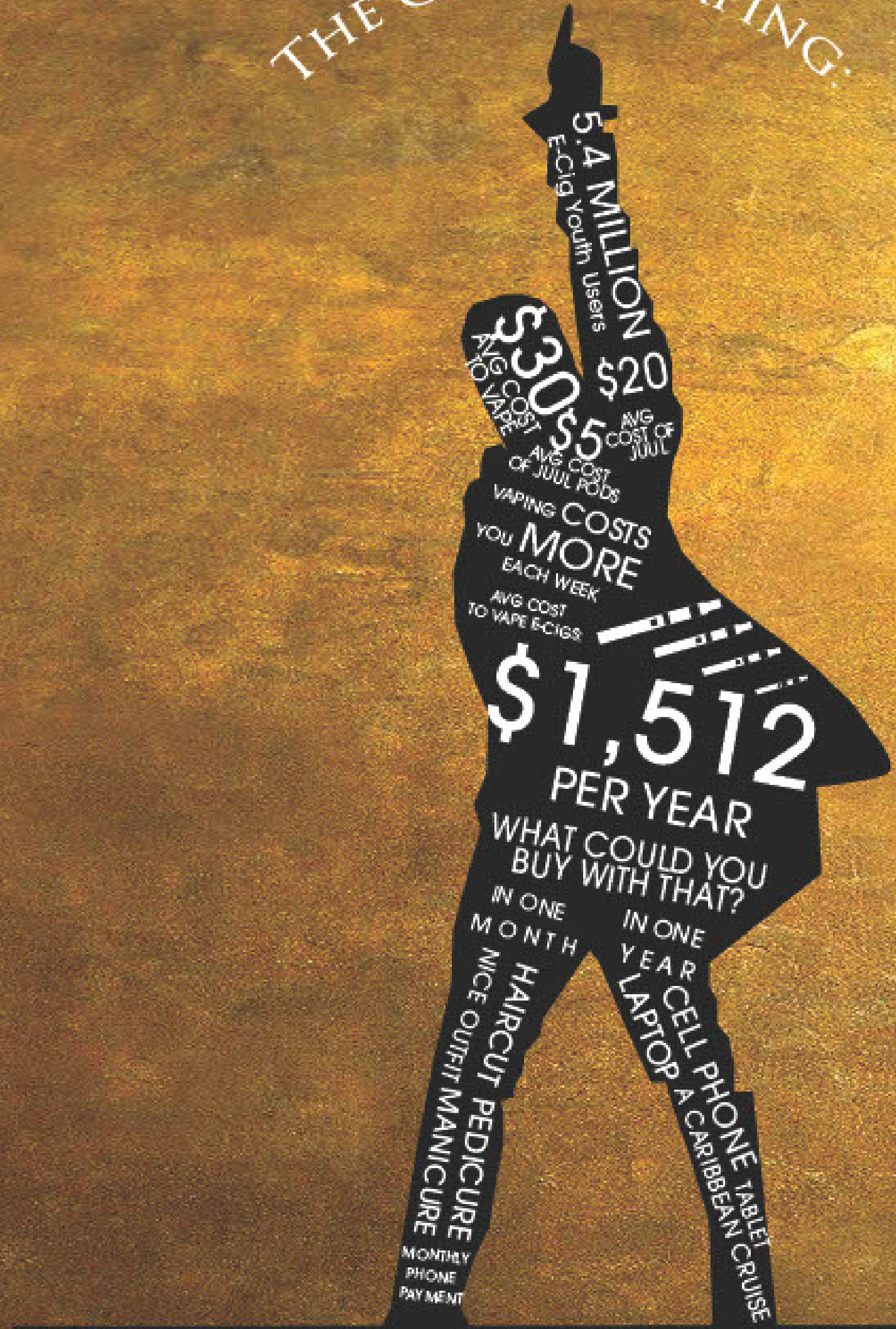
Text DITCHVAPE to 88709
(Anonymous and 24/7)

You can also go to counselors
OR a trusted adult



This is a special SPARK Spirit Week project of the Youth Ambassadors and Council For Youth Development, visit cydbartholomew.org.

THE COST OF VAPING:



DON'T VAPE

I AM NOT THROWING AWAY MY LUNGS!

SCAN ME!



SOURCE: ALABAMA COOPERATIVE EXTENSION SYSTEM

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