

SOUTH DAKOTA
QUIT
LINE

South Dakota Educational Activity Book



**SAY NO
TO VAPING**

Visit vapingsucks.tv to learn more.



KNOW YOUR STUFF.

When it comes to vaping, it's important to know exactly what you're putting in your body. The same sort of chemicals that are in cleaning supplies and car exhaust and other gross stuff!

Get to know the facts, and spread the word — vaping is... yuck!



THIS IS ME.

Shout out what makes you, well... you! Complete the worksheet below to get to know who you are without the poor health influences of vaping.

MY SELF-PORTRAIT
Draw yourself — the way you see you!

MY NAME:

MY AGE:

MY BIRTHDAY:

MY 5 BEST FRIENDS ARE:

1.

2.

3.

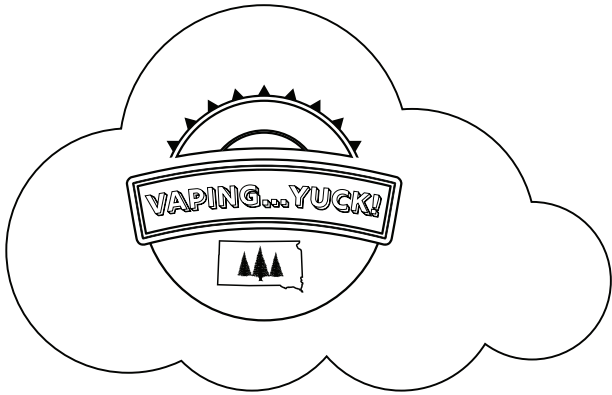
4.

5.

INSTEAD OF VAPING OR USING TOBACCO, MY IDEA OF FUN IS...



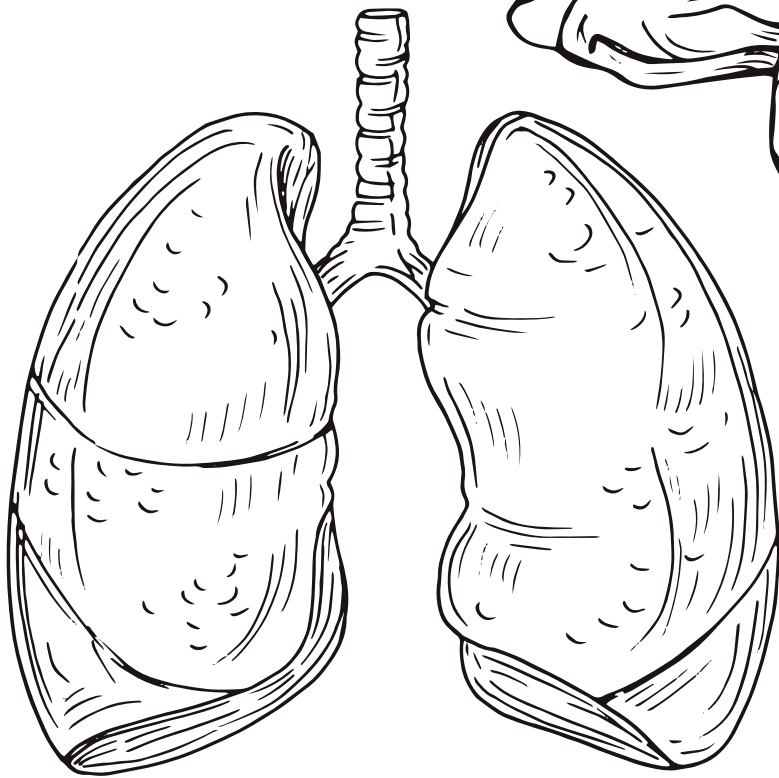
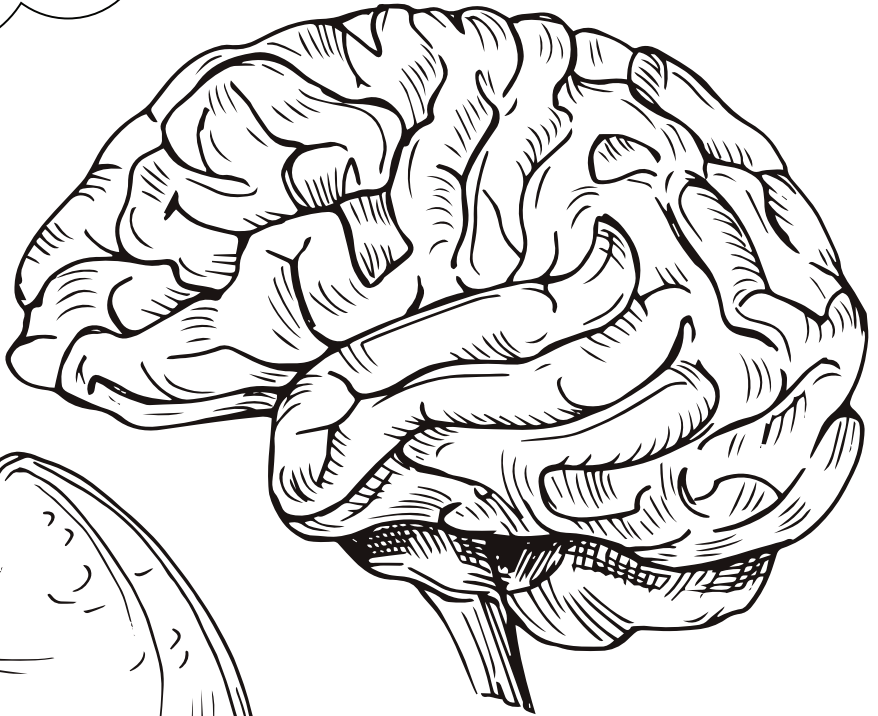
VAPING LOOKS YUCKY BECAUSE...



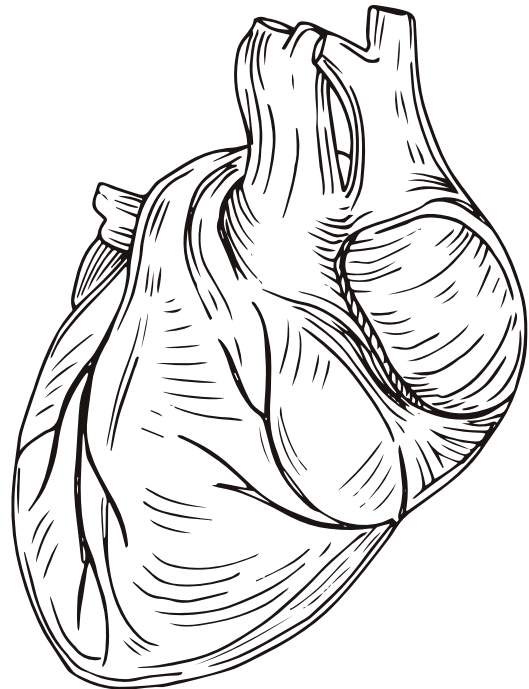
LAY OFF YOUR LUNGS

Vaping harms everyone — especially you.
Protect yourself, and say no to vaping.

Your brain is at risk. Vaping can hurt your brain and change how you feel, think and learn.



Your lungs and heart are very important to staying healthy. Vaping can harm them when you're older. Protect future you from diseases and make sure you can breathe easy.



USE YOUR HEAD.

The most logical thing you can do is say “no” to vaping — put your logic skills to the test with the word problem below.

Which classmate chose which activity and felt which way afterward?

1. Samuel doesn't know how to play chess.
2. Melody doesn't have a bike, so she went to baseball practice.
3. Biking the trail is good for your breath strength.
4. Emma doesn't like physical activity, and wasn't feeling well today.
5. Carlos is focused on brain-power and only likes indoor activities.



	Biking the Trail	Chess Club	Baseball Practice	Vaping Behind School	Healthy Lungs	Feeling Sick	Healthy Mind	Healthy Body
Melody								
Samuel								
Emma								
Carlos								
Healthy Lungs								
Feeling Sick								
Healthy Mind								
Healthy Body								



PUFF? PASS.

There's a lot of junk in vape pens you might not even know about — nasty chemicals that can cause permanent damage to your brain, lungs and more.

Don't risk it — find all the ingredients that will cause your insides to say "yuck!"

X T T I I T Q Z C D V C V K J C I K
J P F Z N F H G Y M Q A Z K O Y H C
J C D J A C E T O N E P L E A D K D
F O R M A L D E H Y D E T Y F E C Q
P F L C B L F C A D M I U M U M H R
O O O W X R K B T T O H M E Y T R Y
T T X B E N Z E N E K Q K P A N O Y
D I E T H Y L E N E G L Y C O L M G
C Y H H I Z I I E Q F L V O Q I I V
N C H H U D A O I R B H R K J Z U A
A A P A C R O L E I N W H W N H M X
Z F A G K A D I Q D J H B L P B U K

WORD BANK

ACETONE: This toxic liquid is used to remove nail polish and as an ingredient to varnish wood.

ACROLEIN: That harmful stuff your parents use to kill weeds in the backyard contains acrolein.

BENZENE: This volatile compound is found in the exhaust from your car, glues and cleaning products.

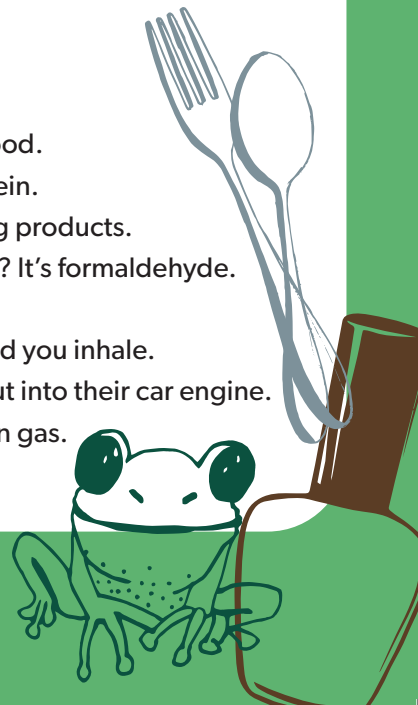
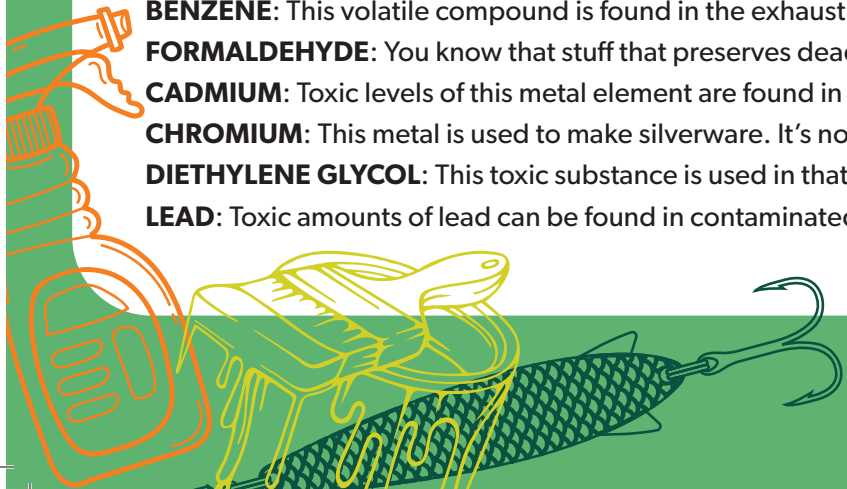
FORMALDEHYDE: You know that stuff that preserves dead frogs to dissect in biology class? It's formaldehyde.

CADMIUM: Toxic levels of this metal element are found in batteries, plastics and pigments.

CHROMIUM: This metal is used to make silverware. It's not the type of thing we recommend you inhale.

DIETHYLENE GLYCOL: This toxic substance is used in that green antifreeze your parents put into their car engine.

LEAD: Toxic amounts of lead can be found in contaminated paint, fishing tackle and aviation gas.



THAT'S TOXIC

HOW TO SAY NO



VAPING

SMOKELESS TOBACCO

NICOTINE POUCHES

SMOKING

Standing up for your health and good habits is up to you. Don't let your friends or classmates give you an addiction.

SAY "NO."

Giving a no-nonsense "no" should be more than enough if "no thanks" doesn't do it. Set your boundaries and be firm — your friends should respect your word.

TELL THEM "THAT'S NOT WORTH MY HEALTH."

Remind them that using any vape or tobacco products can lead to all kinds of cancer, lung disease and even heart attacks.

USE YOUR HUMOR.

Brush it off with humor. Say "I'm allergic" or "My parents would ground me for the rest of my life."

EXPLAIN YOUR STORY.

Let them know that your family has a history of addiction and that you don't want to chance the health issues.

CHANGE THE SUBJECT.

Just shake your head and move on to a new topic like the game that weekend, your latest binge-watch or where you're going for dinner tonight.



(GROSS.)



SAVE YOUR MONEY.

Whether it's your allowance, your lawnmowing money, your babysitting money or what you found in the couch cushions, keep your cash in your wallet and out of the hands of vape-sellers.

(The stuff is yucky — and not worth the risk.)

Do the math, and see what you could be buying instead of vape pods...



Instead of 5 pods at \$5 a piece...

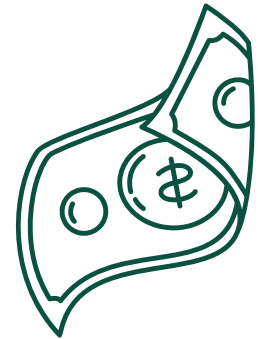
Save \$_____

You could go to the arcade, buy the newest in your favorite book series, meet your friends for ice cream or go to the movies!

Instead of 50 pods at \$5 a piece...

Save \$_____

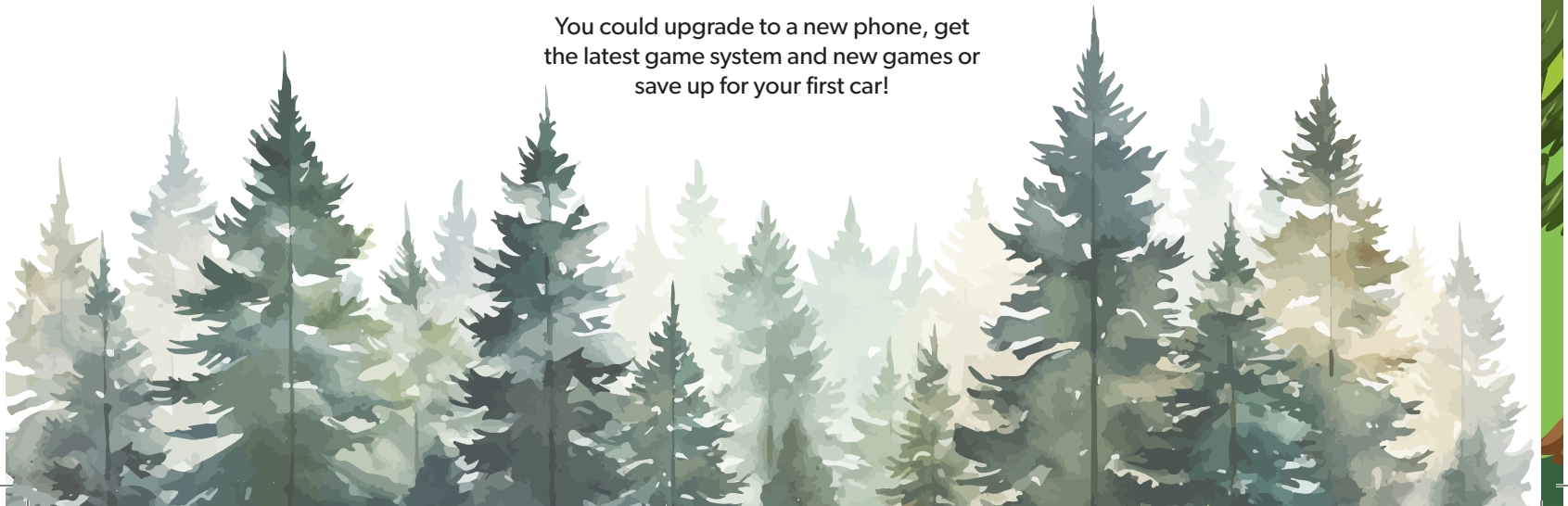
You could go see your favorite singer in concert, buy new AirPods or see your favorite pro sports team!



Instead of 200 pods at \$5 a piece...

Save \$_____

You could upgrade to a new phone, get the latest game system and new games or save up for your first car!



MAKE THE RIGHT MOVE

Peer pressure can be tempting — but don't let someone else convince you to try vaping. It's a you decision, so keep it that way!

Make your way through the maze, but avoid the obstacles that will have a nasty effect on your body, mind and wellness! Write out what your responses would be to any classmates you pass. **Be your own hero.**



Katie

"It's just water vapor! This kind doesn't have nicotine. There's not even anything bad in it — it's harmless."

It's just water — this one doesn't have nicotine!



Katie



Liam

"You should really try this! It fits right in your pocket. Everyone on the team vapes all the time — you'll fit right in!"

Try it! It fits right in your pocket!



Liam

This one tastes like cotton candy — you'll like it!



Olivia

Just one time — you won't get addicted!



Charlie



Olivia

"You have to try this flavor! There are so many options to choose from, and it's so fun. This one is cotton candy!"



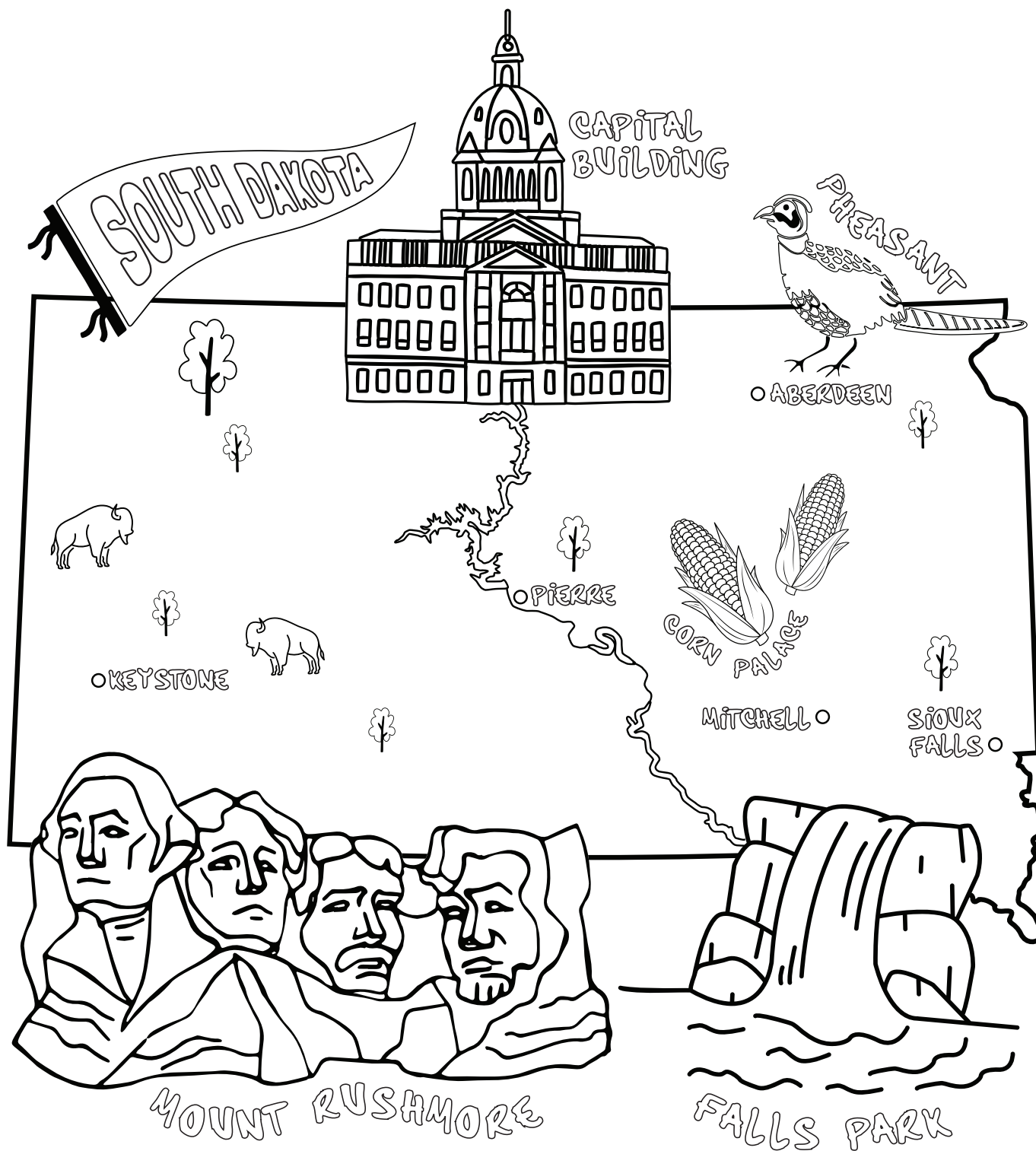
Charlie

"Come on! Just try it one time. What's the big deal? One puff isn't going to cause an addiction anyway."



ENJOY SOUTH DAKOTA'S NATURAL BEAUTY

Color in places you've visited or lived. Add any that aren't on the map already!

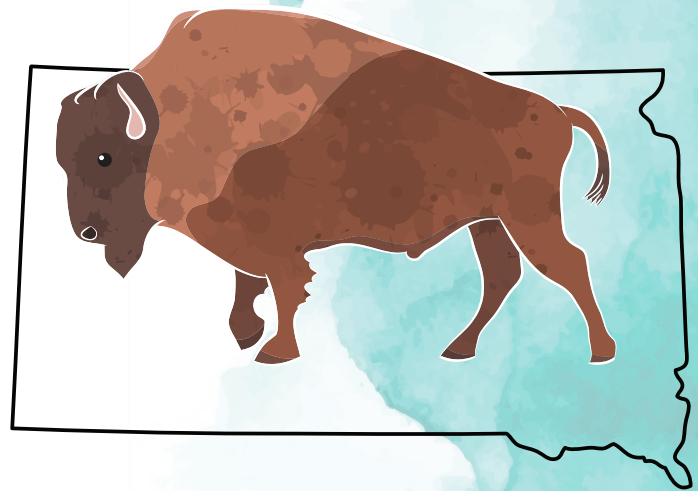


South Dakota has so many beautiful places to visit — including so many outdoor vacation stops.

Did you know that spending time in nature can help reduce your stress and anxiety?

Vaping on the other hand can cause stress and anxiety.

Source: American Heart Association



What places would you like to visit to reduce your stress or anxiety...

...in your hometown? _____

...in South Dakota? _____

...out of state? _____

...out of the country? _____

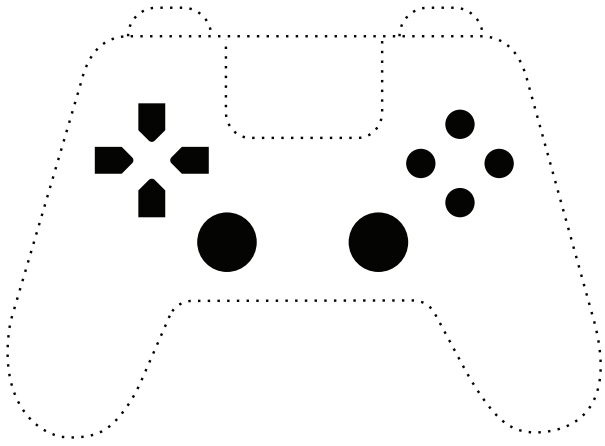


**READ ABOUT HOW
NICOTINE AFFECTS
YOUR MENTAL HEALTH**

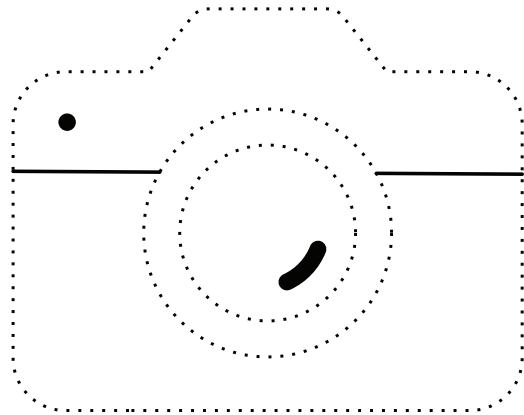


ALTERNATIVE ACTIVITIES

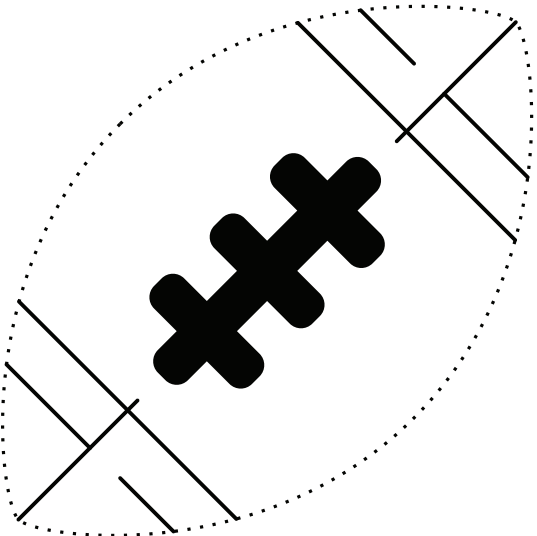
Connect the dots to brainstorm some ideas of activities you could do instead of smoking, vaping, chewing or using nicotine pouches.



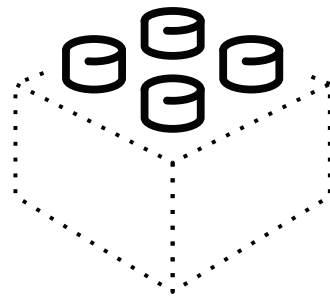
Log on to play Minecraft, Roblox or any of your other favorite games.



Get together with friends and bike to your favorite places for a fun photoshoot.



Head to the park to play football, soccer or volleyball with friends.



Build that Lego set you got as a gift and watch a movie while you build.



HALT BAD HABITS

Tobacco products harm everyone — especially you. Protect yourself, and say no to vaping, smoking, nicotine pouches and smokeless tobacco. Write more activities you enjoy doing that are healthier for you than using tobacco.

*Example: Go for a bike ride
with friends.*





ANSWER KEY

Use Your Head. — Page 5

	Biking the Trail	Chess Club	Baseball Practice	Vaping Behind School	Healthy Lungs	Feeling Sick	Healthy Mind	Healthy Body
Melody	X	X	O	X	X	X	X	O
Samuel	O	X	X	X	O	X	X	X
Emma	X	X	X	O	X	O	X	X
Carlos	X	O	X	X	X	X	O	X
Healthy Lungs	O	X	X	X				
Feeling Sick	X	X	X	O				
Healthy Mind	X	O	X	X				
Healthy Body	X	X	O	X				



Puff? Pass. — Page 6

X T T I I T Q Z C D V C V K J C I K
 J P F Z N F H G Y M Q A Z K O Y H C
 J C D J **A C E T O N E** P **L E A D** K D
F O R M A L D E H Y D E T Y F E **C** Q
 P F L C B L F **C A D M I U M** U M H R
 O O O W X R K B T T O H M E Y T R Y
 T T X **B E N Z E N E** K Q K P A N O Y
D I E T H Y L E N E G L Y C O L M G
 C Y H H I Z I I E Q F L V O Q I I V
 N C H H U D A O I R B H R K J Z U A
 A A P **A C R O L E I N** W H W N H **M** X
 Z F A G K A D I Q D J H B L P B U K



Save Your Money. — Page 8

Instead of 5 pods at \$5 a piece...

Save \$ 25

You could go to the arcade, buy the newest in your favorite book series, meet your friends for ice cream or go to the movies!

Instead of 50 pods at \$5 a piece...

Save \$ 250

You could go see your favorite singer in concert, buy new AirPods or see your favorite pro sports team!

Instead of 200 pods at \$5 a piece...

Save \$ 1000

You could upgrade to a new phone, get the latest game system and new games or save up for your first car!

Make the Right Move. — Page 9



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**KNOW
YOUR STUFF.**

Go to vapingsucks.tv to find out all the facts about what **really** goes on in a vape pen!

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**QUIT
LINE**



SOUTH DAKOTA
DEPARTMENT OF HEALTH

Paid for by the South Dakota Department of Health