

# BREATHE FREE

## AWARENESS ABOUT THE ILL-EFFECTS OF VAPING

Vaping has become a growing concern in recent times, especially among teenagers and young adults. Its widespread usage and harmful effects make it a sensitive and crucial topic to address. Studies have shown that vaping can lead to severe respiratory problems, addiction, and long-term damage to brain development in adolescents. Furthermore, it is associated with an increased risk of heart disease, lung infections, and behavioral issues. As a community, it is essential for us to come together to raise awareness, promote informed decisions, and guide our youth towards healthier lifestyle choices. Through collective efforts, we can create a safer, vape-free environment for our students and future generations.



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**SAY NO  
TO VAPING**

## Vape-Free Zone

### Break Free from Vaping: Tips for Students and Parents

#### Engage in Positive

##### Activities:

Replace vaping with enjoyable activities like sports, music, art, or volunteering. Keeping busy with healthy hobbies reduces the urge to vape.

#### Create a Supportive

##### Environment:

Foster a home environment that promotes healthy behaviors. Encourage your child to pursue interests and activities that keep them engaged and fulfilled.

#### Build a Support Network:

Connect with friends and peers who support your decision to quit. Encourage each other to stay vape-free and find strength in numbers.



#### Practice Stress

##### Management:

Learn stress-relief techniques such as mindfulness, meditation, or exercise. Managing stress in healthy ways can reduce the temptation to vape.

#### Maintain Open

##### Communication:

Foster an open and honest dialogue with your child about vaping. Listen to their concerns without judgment and provide guidance and support when needed.