



Vapes Down Campaign

Email for High School Principals

Vaping is a serious health concern for teens today. Almost one in five Texas high school students has vaped in the last 30 days, and vaping rates have gone up every year.

[Name of School] wants to raise awareness among students about the negative health effects of vaping. We want to help teens quit using vaping products.

Facts about vaping:

- E-cigarettes can contain more than 31 chemicals, including nicotine, which is highly addictive and can affect brain development.
- One vape pod contains about the same amount of nicotine as 20 cigarettes.
- Buying tobacco and vaping products while under age 21 is illegal in Texas.

Parents and students need to know vaping is not safe. Vaping can hurt lungs, cause brain damage, and lead to nicotine addiction. And if students do vape, it may be harder for them to recover if they get infected with COVID-19.

The Texas Department of State Health Services' Vapes Down campaign has resources for parents and teens about:

- dangers of vaping,
- how to talk about vaping, and
- how to quit.

I encourage you to learn more by visiting the [DSHS Vapes Down Campaign website](#).

Whether at home or at school, every young person can choose a healthier future by choosing not to vape.

Middle School Principal Email

Vaping is a serious health concern for teens today. One out of eight Texas middle school and high school students has vaped in the last 30 days, and vaping rates have gone up every year.

[Name of School] wants to raise awareness among students about the negative health effects of vaping. We want to help teens to quit using vape products.

Facts about vaping:

- Vapes can contain more than 31 chemicals, including nicotine, which is highly addictive and can affect brain development.

- One vape pod contains about the same amount of nicotine as 20 cigarettes.
- Buying tobacco and vaping products while under age 21 is illegal in Texas.

Parents and students need to know vaping is not safe. Vaping can hurt teens' lungs, cause brain damage, and lead to nicotine addiction. And if students do vape, it may be harder for them to recover if they get infected with COVID-19.

The Texas Department of State Health Services' Vapes Down campaign has resources for parents and teens about:

- dangers of vaping,
- how to talk about vaping, and
- how to quit.

I encourage you to learn more by visiting the [DSHS Vapes Down Campaign website](#).

Whether at home or at school, every young person can choose a healthier future by choosing not to vape.