



DART Prevention Coalition

Taking Aim at Substance Use in Ocean County

The Truth About Vaping

Highly Addictive

Nicotine is the addictive substance in vapes and cigarettes. Vaping makes you more vulnerable to developing a nicotine addiction.



Brain Growth

Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood and impulse control.

Mental Wellness

Quitting nicotine is associated with lower levels of anxiety, depression and stress and improved mood and quality of life.



Expensive Habit

The average cost of a vape is between \$10 to \$30.

On average, vaping can cost about \$2,000 per year.



It's OK to ask for help.

You can access **confidential and free** help within your own community, if you are looking to quit.



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Try These Resources

RWJBH QUIT CENTER

Provides free, comprehensive support and resources for young individuals who want to quit nicotine or tobacco.

TOBACCO FREE NJ

State-wide initiative committed to reducing tobacco use and its harmful effects through community education, policy advocacy and cessation support. **QUIT to 47848.**

THE REAL COST CAMPAIGN

What's the *real* cost of vaping? Find out the real dangers of vaping, smoking cigarettes, using dip tobacco and other tobacco products.

SMOKE FREE TEEN

Empowers teens to make informed decisions about tobacco use through education, support and resources.

THE TRUTH INITIATIVE

Inspiring a teen movement to create a future free from nicotine addiction.

**Scan the QR Code to
view resource links.**

