YOUTH & NICOTINE

— THE FACTS. THE RISKS. THE TRUTH. —



AMOUNT OF NICOTINE IN VAPES INCREASED

250%

BETWEEN 2020–2024

FROM 2020–2023, THE RATE OF NICOTINE POUCH INGESTIONS FOR CHILDREN UNDER AGE INCREASED

763%

A SINGLE NICOTINE POUCH CAN CONTAIN THE EQUIVALENT NICOTINE AMOUNT OF APPROXIMATELY

5 CIGARETTES

"SMART" VAPES ARE BEING GAMIFIED TO ATTRACT YOUTH WITH VIDEO GAMES AND OFFERING PRIZES.

Nicotine harms developing brains, worsens mental issues like depression, anxiety, and mood swings, and increases the risk of all types of addiction.

Nicotine pouches contain nicotine powder, flavors, and other chemicals. Nicotine is highly addictive and affects developing brain health.

Nicotine is an addictive poison, lethal in small amounts and banned as a pesticide.

YOU CAN KICK IT. WE CAN HELP.

FOR FREE, CONFIDENTIAL HELP TO QUIT NICOTINE, CONTACT

KICK IT CALIFORNIA

1-800-300-8086

KICKITCA.ORG

SCAN TO VISIT KICK IT CALIFORNIA

CREATED BY SMOKE FREE HIGH COUNTRY