

Is it worth it?



Don't be chained to smoking



break the habit...

So many ways to vape



Time to...



relax

for fun

to party!

IF YOU'RE TOUGH...



DRINK BEER



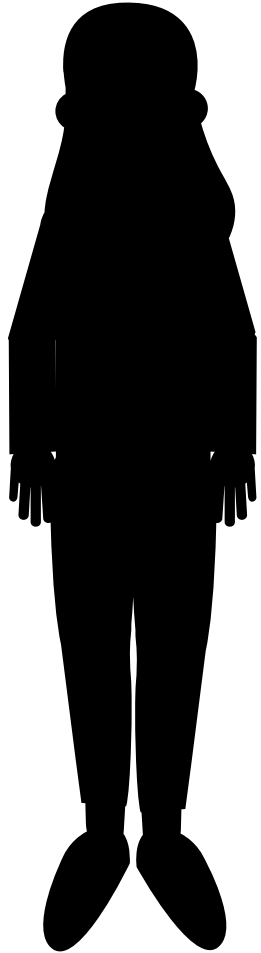
DRINKING affects your thinking!




**Every
vape is
a knock
to good
health**




Ad



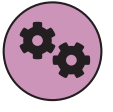
Think

A circular icon with a purple background containing a black thought bubble with three small circles leading to it, located in the top right corner of the 'Think' section.

Feel

A circular icon with a purple background containing two black faces: one with a wide smile and one with a frown, located in the top right corner of the 'Feel' section.

Do/want to do

A circular icon with a purple background containing two black interlocking gears, located in the top right corner of the 'Do/want to do' section.

advert on social media

friend

TV documentary

story in a film/book

www.nhs.uk/live-well

news story

parent/carer

teacher/PSHE lesson

