



What is your favorite activity to do with your family?

- ART PROJECT**
- GAME NIGHT**
- HIKE**



Text: Doing regular activities together as a family reduces the risk of youth using e-cigarettes and other harmful substances. Do an art project together, host a game night, go for a hike... What will you do with your family? Share ideas below! Learn more at: extension.usu.edu/be-epic



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**Keep the conversation going.
Talk to your youth today about
the dangers of using e-cigarettes.**



Text: Don't delay any longer! Having a regular conversation about the dangers of using e-cigarettes and other substances can protect your youth from future use. Talk now to avoid problems later. Learn more at: extension.usu.edu/be-epic

BE EPIC
ESCAPE *the* VAPE

Validating your youth's
positive, pro-social behaviors
puts them at a



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ESCAPE the VAPE

decreased risk for using
substances, like e-cigarettes

Text: Have you told your youth that you care about them lately? Have you given them a high five, or attended an event they were involved in? Show your love by being present. Learn more at: extension.usu.edu/be-epic

EXPRESS YOUR

gratitude

TO YOUR LOVED
ONES. WHO ARE
YOU GRATEFUL
FOR?

SHARE BELOW!



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ESCAPE *the* VAPE

Text: When youth know they are a valued and appreciated part of a family, they are at a decreased risk for using substances, like e-cigarettes. Express your gratitude to youth in your life today. Learn more at: extension.usu.edu/be-epic



Quiz Time

WHAT INGREDIENTS DO MOST E-CIGARETTES CONTAIN?

- Nicotine
- Heavy Metals (Nickel, Tin, & Lead)
- Cancer-Causing Chemicals
- All of the Above



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Text: We already have the answers. Youth and adults can choose to be vape free and avoid putting harmful substances into their bodies. Learn more at: extension.usu.edu/be-epic



Say **NO**
to e-cigarettes, and say
YES
to improving your mental
health

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Text: Life Hack: Youth -- Choosing not to use substances, like e-cigarettes, is great for your mental health! Saying no to e-cigarettes is a great way to improve your mood! Learn more at:
extension.usu.edu/be-epic

HAVE YOU THOUGHT ABOUT JOINING THE SOCCER TEAM? PERHAPS TRYING OUT FOR THE SCHOOL PLAY OR JOINING THE SCHOOL CHOIR? TRY SOMETHING NEW TODAY!



Text: Involvement in pro-social activities puts youth at a decreased risk for using substances, like e-cigarettes. Learn more at: extension.usu.edu/be-epic



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Jingle all the way

TO A HEALTHIER LIFE STYLE

BY CHOOSING TO BE VAPE FREE!

Text: Youth -- Because they contain nicotine, e-cigarettes can become habit forming. Decide today to be vape free. Learn more at: extension.usu.edu/be-epic



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Tuesday Tip

Allow your brain to be at the **TOP** of its game by choosing to be

VAPE FREE

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Text: The human brain continues developing until about age 25 years. E-cigarette use can harm brain development in youth. Choose to be vape free and allow your brain the time it needs to fully develop. Learn more at: extension.usu.edu/be-epic



RESOLVING TODAY

*to be vape free will help you be
at your best to succeed at your
goals in*

2023



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Text: Youth -- Do your goals for the new year involve improving your mental health? Saving money? Being healthier overall? Choosing to be vape free will give you a head start to success! Learn more at: extension.usu.edu/be-epic