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## WAYS TO SAY "NO" TO VAPING

PRACTICING AVOIDING AND REFUSING VAPES AND OTHER NICOTINE PRODUCTS CAN HELP YOU BE PREPARED FOR A REAL LIFE SITUATION:

1

"No, Thanks."

2

"That's not really my thing."

3

"Let's go play video games instead."

4

"I don't want to get kicked off team."

5

"I Don't Vape!"



**BE EPIC**  
ESCAPE *the* VAPE

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## WAYS TO BE VAPE FREE

**MAKING POSITIVE AND WISE CHOICES IS THE FIRST STEP IN CHOOSING TO BE VAPE FREE. HELPFUL HINTS BELOW:**

**1**

**Choose friends and activities wisely.**

**2**

**Talk to your parents or trusted adults if you have questions or need help.**

**3**

**Get involved with activities that make you happy, and engage your brain like music, athletics, or 4-H.**

**4**

**Make and practice your refusal plan.**

[extension.usu.edu/be-epic/youth](https://extension.usu.edu/be-epic/youth)

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