

#BREAKFREE

DEPRESSION
HEADACHES
ANXIETY
MOOD
SWINGS

MOST YOUNG PEOPLE
DON'T VAPE

BE SMART *be one of them*

Just a quarter of 11 to 15-year-olds have ever tried vaping*. **ONLY 9%** vape regularly.



Vaping is less harmful than smoking
but isn't a harmless habit.

* Source: NHS England.

[Learn more](#)

 **WYCHAVON**
DISTRICT COUNCIL
good services, good value

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