**Myth:** Nicotine is just like caffeine.
**Fact:** Nicotine is highly addictive. It can harm the parts of the brain that control mood and learning.

**Myth:** Vaping is healthier than smoking cigarettes.
**Fact:** The chemicals in vape juice are linked to cancer, asthma, wheezing and shortness of breath.

**Myth:** If I vape, I won’t smoke cigarettes.
**Fact:** Eighth graders who vape are 10 times more likely to eventually smoke cigarettes.

**Myth:** Vaping doesn’t hurt the people around me.
**Fact:** When you vape, you inhale aerosol into your lungs. Bystanders breathe this in when you exhale into the air.

**Myth:** E-cigarettes just produce a harmless water vapor.
**Fact:** Vaping exposes you to diacetyl, a chemical linked to serious lung disease.