

# It's Your Body - Know What You Are Putting Into It

Transition Skills, Tips & Tools  
Drugs and Smoking



- **You only get one body, so it is your job to take care of it the best that you can.**
- **Trying to say “NO” to things like tobacco, e-cigarettes, vapes, street drugs, and alcohol is often difficult**, especially when you are a teen and under peer pressure to fit in.
- **You need to decide what is right for you.** Make sure you get ALL the facts before you jump to a decision.
- **Medications, tobacco, street drugs, and alcohol are all chemicals** that cause your body to react in different ways.
- There is evidence that e-cigarettes and vape pens contain harmful toxins of their own, such as formaldehyde (a known carcinogen), nitrosamines (linked to cancer) and lead (a neurotoxin).
- E-cigarettes and vape pens can be dangerous even when you're not the one using them. The Surgeon General says secondhand e-cigarette vapor has heavy metals and tiny particles that can harm the lungs. The American Lung Association warns that children and youth should stay away from secondhand e-cigarette and vape pen aerosol.
- **Ask your pharmacist** about the medications you take and what substances might interfere with them and put you at risk for developing serious side effects.
- **If you are unsure about trying something new, wait awhile** and give yourself time to make the decision that is right for you. It may change your life.

## Resources you may be interested in:

Vaping and e-cigarettes: [drugfree.org/drugs/e-cigarettes-vaping/?gclid=EAAlQobChMIyoST4burQIVFQnnCh3cVAy1EAAYASAAEgIIJvD\\_BwE](https://drugfree.org/drugs/e-cigarettes-vaping/?gclid=EAAlQobChMIyoST4burQIVFQnnCh3cVAy1EAAYASAAEgIIJvD_BwE)

Tobacco and Use Prevention Resources: [www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/For-Kids-Teens-Tobacco-Education-Resources.aspx](http://www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/For-Kids-Teens-Tobacco-Education-Resources.aspx)

Drugs and Alcohol Information for Teens: [kidshealth.org/en/teens/drug-alcohol/](http://kidshealth.org/en/teens/drug-alcohol/)

**SAMHSA's National Helpline: (800) 662-HELP (4357)** or TTY: (800) 487-4889. This helpline is a confidential, free, 24-hour, 365-day-a-year information service. Support is available in English and Spanish for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.



## We're here to help.

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