

“Truth Matters”

by Ashley Elliott

The truth is, truth matters.

Here is a lie about vaping: It makes you look cool. The truth is, it shows that you might lack self confidence and do anything to fit in.

Here is a lie: Smoking and vaping make you feel good. The truth is that both can make you have lung disease and feel terrible, and maybe even end you up in a hospital bed.

Here is a lie: Vaping is better than smoking. The truth is that vape liquid is full of toxic chemicals that weaken your lungs. About a third of the patients that end up in the hospital need breathing machines to keep them alive.

Here is a lie: You can quit whenever you want. The truth is that nicotine is a highly addictive drug that many people struggle their whole lifetimes to quit.

Here is a lie: You will have more friends if you vape or smoke. The truth is that more and more people don't think it's cool and won't want to be around you because you will be exposing them to toxic stuff that they don't want in their bodies.

Here is the truth: Smoking and vaping kill. Truth matters.