



American Heart Association.

**KIDS** | **AMERICAN**  
**HEART** | **HEART**  
**CHALLENGE™** | **CHALLENGE™**



**WHAT WILL YOU SAY  
WHEN ASKED TO VAPE?**

Vaping and tobacco are bad for our brain and whole body. We want to stay away from things that are harmful and unsafe, just like our friend Aspen. Remember to say no to vaping and tobacco.

**JOURNAL  
PROMPT**

If someone asked you to vape, what would you say?

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How would you say no?

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How do you feel when you say no?

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Have you ever been asked to vape? If so, how did it make you feel?

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Life's Essential 8™

