



Next Year I will....



Not start vaping

- Vaping is known to cause serious lung damage, and even deaths.




Ask for help if I'm feeling depressed, anxious, or alone.

- Text **HELLO** to **741741**



Not start smoking

- Smoking causes cancer, heart disease, stroke, diabetes and lung diseases 



Spend more time with friends and family

- When you and your friends and family spend quality time together, you feel loved and valued by them—helping you create a positive image of yourself.