

According to the National Institute on Drug Abuse, nicotine is one of the hardest substances to quit. Why? Because addiction happens fast and withdrawal symptoms are intense.



nicotine **isn't** **that** **harmful** **&** **is** **easy** **to** **quit!**

MYTH

Vapes contain dangerous and toxic chemicals, some of which have unknown long-term effects. Vapes contain nicotine, which is highly addictive and harmful, affecting brain development in young users. Smoking in general can cause serious lung damage and the bottom line is that vaping is not a safe alternative to cigarettes.



vaping **is** **safer** **than** **cigarettes**

MYTH

Scan the QR code to learn more about Light and Unite Red Week 2025 and check out RISE Drug Free MKE's events and resources.



Light and Unite Red Week 2025

MYTH BUSTERS

Debunking common misconceptions about:

Commercial tobacco & Nicotine



What is Light and Unite Red Week?

Each year, partners across Milwaukee County join forces for Light and Unite Red Week to promote community-wide substance use prevention education and is in alignment with National Drug and Alcohol Facts Week, from March 17-23.

What is National Drug and Alcohol Facts Week?

National Drug and Alcohol Facts Week is an annual observance to inspire dialogue about the science of drug use and addiction among youth. It allows for students, educators, healthcare providers, and community partners to help address youth drug and alcohol use in communities and nationwide.

source: nida.nih.gov



Don't believe everything you hear at school or online. Curiosity around substance use is normal, but make sure you're getting your information from reliable sources. RISE Drug Free MKE is here for you with information and resources on alcohol, marijuana, commercial tobacco, nicotine, prescription medication, and other drugs.

Our MythBusters series of zines aims to debunk common misconceptions about alcohol and other drugs with facts and statistics that come from substance prevention professionals.