Axklo

Alcohol, smoking and vaping

No lectures, just the useful bits.

1. Vaping isn't harmless, and nicotine is very addictive.
2. You can ask for help to stop, and it works better with support.
3. You don't have to try things because others do. **"No" is a full answer.**
4. If you're worried about a friend, tell someone you trust.
5. Never accept a drink you didn't see poured.
6. If you drink, keep it moderate, and **never drive after**.
7. It's never too late to quit smoking or vaping, and a doctor can help.
8. Keep alcohol and medicines out of reach of children.

Need help right now? Call your local emergency number. Free helplines: https://axklo.com/safety/help