Teacher Talking Points:

- So I'm about to share some information with you in this PowerPoint presentation. I'd also like for you to share your thoughts and opinions throughout the presentation.
- It's also okay if you disagree with some things I have to say. I respect your thoughts and opinions.
- Please make sure to ask questions at any point and I'll do my best to answer them.
- Let's get started.
Teacher Talking Points:
• You’re going to see a series of questions like these throughout the presentation so let’s start.
• (To increase engagement with the topic, consider asking the student(s) "Would anyone like to read this question out loud?")
• What do you think the answer is for this question? (Click)
  Answer: B. addicted

Reference:
https://www.fda.gov/TobaccoProducts/GuidanceComplianceRegulatoryInformation/ucm246129.htm
Teacher Talking Points:
- Our brain affects how we experience the world around us. It keeps our body functioning and it also controls our behavior.
- Some things our brain does without us thinking about it (like breathing) while other behaviors we have more control over (talking, singing).
- There is even a part of the brain that controls speech and another that controls smell.
- Multiple areas of the brain are often working at the same time to help us engage in different behaviors. For example, when we are walking, this involves using multiple areas of the brain starting from our decision to walk to us standing up and taking our first step.

Image: https://socratic.org/questions/how-many-parts-is-the-human-brain-divided-into-is-one-of-the-parts-the-hind-brain
Teacher Talking Points:

- In general, there are two main ways that drugs can affect the brain.
- Drugs can affect the brain by over-stimulating a part of the brain called the “reward pathway;” the reward pathway is what makes people feel good, it's how in this case nicotine makes people feel good.
- Or drugs pretend to be our natural chemical messengers (neurotransmitters) and takes advantage of the neurons that normally use those neurotransmitters.

Reference:

Image:
https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/preface
Teacher Talking Points:

- The brain is also important as it continues to grow and develop during adolescence. Anything you put into your brain changes it and makes you that much more likely to become addicted.
- This video explains how addiction is a disease. The video uses alcohol as an example but the same is true for nicotine products.
- Pay special attention to the description of the Hierarchy of Survival as we will discuss it again soon.

[Hover over slide and click the play button in the bottom left corner.]

*If technical issues should arise then watch this video with your students on YouTube by using this link: https://www.youtube.com/watch?v=w8n9UOiBxE*

- [After video is shown] I noticed that a few of you were laughing a bit while watching that, me too when I first saw it. It tries to get a point across about how addiction works in a funny but true way.
- So tell me...what did you think of the video? *(Take a few responses)* What part of this makes sense? Can you understand a bit how nicotine may work?
Teacher Talking Points:

- In order to understand how nicotine is so good at creating addiction, we must know how it takes advantage of our brains (click).
- Nicotine mimics a chemical that our brains produce naturally and easily binds to receptors in the brain that are made for that chemical.
- When those receptors get filled, it sets off a chain reaction that leads the brain to feel pleasure.
- Why do you think it’s important for our brains to feel pleasure? (Take a few responses.)
- Pleasure is necessary for survival because it encourages us to do activities that keep us alive like eating, sleeping, and building relationships.
- However, no matter what kind of device it comes from, nicotine hijacks this “pleasure pathway” and tricks the brain into interpreting the chemical signal as pleasurable and necessary for survival.
- Continuing to use nicotine in any form will result in addiction. This means that nicotine turns your brain against you so that you feel forced to keep using nicotine just to feel normal.

Reference:
http://drugabuse.com/visualize/the-science-behind-addiction/
Which of these increase the addictiveness of a cigarette and an e-cigarette/vape:

A. sugar
B. increased nicotine
C. flavors
D. all of the above

Teacher Talking Points

- Ok, let's continue. What do you think about this question? (Click)
  Answer: D. all of the above
- Let's take a closer look in the next slide.

Reference:
https://www.fda.gov/TobaccoProducts/GuidanceComplianceRegulatoryInformation/ucm246129.htm
Teacher Talking Points

• There are several features of cigarettes that are designed to make them as addictive as possible.
• (Click) The nicotine levels in cigarettes are controlled by the tobacco companies. This is true of both cigarettes and e-cigs/vapes.
• (Click) Menthol is a substance found in mint plants that cools and numbs the throat to reduce irritation and makes smoking feel smoother, making it easier to keep smoking.
• (Click) Added flavors mask the harshness of smoke and make products more appealing to new users. Flavors are still being used in new tobacco products like in the e-liquid used in e-cigs/vapes. Flavors are found to be especially appealing to young people.
• (Click) Ammonia or ammonia compounds are added to cigarettes, which increase the speed at which nicotine is delivered to the brain.
• (Click) Bronchodilators are chemicals that expand the lungs’ airways, making it easier for tobacco smoke to pass into the lungs, ultimately delivering more nicotine to the brain.
• (Click) Adding sugars makes tobacco smoke easier to inhale and form acetaldehyde, which enhances nicotine’s addictive effects.
• (Click) Don’t forget that this design applies to pod-based e-cigarettes as well. That shouldn’t surprise you though because e-cigarette companies followed the playbook from cigarette companies.
• Some ingredients are still being identified in e-cigarettes, such as bronchodilators, sugars and acetaldehyde. Researchers are catching up with studying these recent devices.
• (Click) Nicotine salts in pod-based e-cigarettes act like ammonia compounds but also hide the harshness of nicotine.

Reference:
Teacher Talking Points:

- For so many years consumers were told that the clouds made by e-cigarettes/vape pens was "just water vapor."
- Do you think that is true?
- E-cigarettes/vape pens allow the user to make large clouds that many think are just water vapor.
- In reality the 'cloud' is a mixture of many different chemicals that were either present in the e-liquid before or produced during the heating process.
- A vapor is a chemical that has evaporated.
- An aerosol is a mixture of liquid particles suspended in a gas and can contain many chemicals.
- Instead of just mixing with the air like a pure gas, aerosols can leave drops behind (click).
- Vaping is NOT vapor!
Why might someone start feeling intense withdrawal symptoms after using a JUUL for a short period of time?

A. the nicotine in 1 pod is close to 2 packs of cigs
B. because they are craving the flavors
C. their pleasure pathway is weaker than others
D. the person may just be anxious in general

Teacher Talking Points:
• So here’s an interesting question for you to think about. What do you think is the answer to this question? (click)
  Answer: A. the nicotine in 1 pod is close to 2 packs
• Nicotine withdrawal symptoms include mood swings, irritability, and anxiety.

References:
https://www.flavorshookkids.org/?gclid=CjwKCAjw1_PqBRIEiwA71mtYJi8dmZBrhi1mLI-Kd5-gh-V70fExwBaGieTzbVyZBpEmAyoxe8OBoC-7wQAvD_BwE#top
https://www.fda.gov/TobaccoProducts/GuidanceComplianceRegulatoryInformation/ucm246129.htm
Teacher Talking Points:

• So this probably why most of you are here today, I'm assuming because of pod-based systems.
• Can you tell me, what specific device/name/brand are you using? (wait for some responses)
• Are there any others that you or your friends have used? Which ones? (wait for some responses)
• Have any of you smoke cigarettes? (wait for responses). What was the difference?
• What are your friends saying about JUULs or other types of pods?
• Many of the pod-based systems have grown in popularity, but many users may wrongly believe these are harmless devices.
• We're going to talk about why many health professionals are concerned about these new nicotine delivery systems.

Image:
Teacher Talking Points:

- If you don’t know, a standard pack of cigarettes contains 20 cigarettes (click). There is 1 mg of nicotine absorption per cigarette, so about 20 milligrams of nicotine delivered to the body from a whole pack of cigarettes.
- Unlike other e-juices which may or may not contain nicotine, ALL salt-based e-juice contains nicotine!
- According to JUUL Labs, one JUUL pod contains 41.3 milligrams of nicotine. This is equal to the amount of nicotine you’ll find in about 40 cigarettes (click).
- How many packs of cigarettes would a JUUL pod then be equal to? Answer: about 2 packs
- As mentioned before, this is a high amount of nicotine and can be intense for first-time users. Our concern is that young people are being introduced to a high amount of nicotine, developing a tolerance quickly, and becoming addicted as a result.
- 1 Puff bar contains 50 milligrams of nicotine (click), which is equivalent to 50 cigarettes. How many packs of cigarettes would a Puff bar then be equal to? Answer: about 2 ½ packs
- 1 Suorin Vagon cartridge contains up to 90 milligrams of nicotine or 90 cigarettes (click). How many packs of cigarettes would a Suorin pod then be equal to? Answer: about 4 and a half packs
- (Click) No matter what pod device you are using, all of them contain high levels of nicotine which is extremely addictive, which keeps you coming back for more.

PLEASE SEE BELOW FOR A THOROUGH BREAKDOWN:
For the nicotine levels in these pod-based products, we looked at the amounts in milligrams per milliliter and/or percentage of nicotine by weight reported by these pod-based companies. Here is a stoichiometry breakdown:

One JUUL pod is reported to contain 59 mg/mL (https://support.juul.com/home/learn/faqs/juulpod-basics), but one JUUL pod is only 0.7mL per pod.

[59 mg/mL] x [0.7mL] equals **41.3mg** (NOTE: milliliter units cancel out)

The makers of Puff bar report there being 50 milligrams of nicotine per Puff bar (https://puffecig.com/puff-bar-disposable-device/).

The Suorin Vagon cartridge/pod can hold an e-juice volume of 2mL (https://www.suorinusa.com/collections/suorin-vagon/products/suorin-vagon?variant=8436760281141). Suorin devices are semi-closed systems meaning that they are not pre-loaded like PHIX and JUUL, but Suorin still sells salt-based nicotine with nicotine by weight close to what JUUL and PHIX have. In their case, it is 4.5% (https://www.suorinusa.com/collections/blowsauce-salted/products/blowsauce-watermelon-lollipop-e-juice-by-dripfire-30ml-salted-edition?variant=1053863936026).

We used a simple conversion of 45mg/mL to represent the 4.5% nicotine by weight, so [45mg/mL] x [2mL] equals **90mg**.

We decided to use 41.3mg since it is the true amount of nicotine in one pod. One JUUL pod is equivalent to smoking anywhere from 26 to 40 cigarettes, which is more than 1 pack of cigarettes (20 cigarettes). This range depends on whether there is an uptake of 1mg or 1.5mg of nicotine per cigarette, for someone using. We decided on 1mg since it captures the maximum potential of nicotine uptake for these pod-based devices.

References:

Images:
JUUL pod – https://www.juul.com/shop/pods/mango-5-percent
Which of the following is NOT true of how vaping affects your body?

A. flavors and other chemicals impair lung function
B. the aerosol causes arteries to harden and increases blood pressure
C. they are healthy for adults
D. nicotine turns your brain against you

Teacher Talking Points:

- So now, let's turn to how vaping affects your body. What do you think is the answer to this question?
  
  Answer: C. they are healthy for adults.

Reference:
https://www.fda.gov/TobaccoProducts/GuidanceComplianceRegulatoryInformation/ucm246129.htm
Teacher Talking Points:

- E-cigarettes have not been around for a long time, but research on the short-term health effects is here.
- As a review, (Click) nicotine negatively impacts your brain, turning it against you by hijacking the reward pathway.
- (Click) Using nicotine can make your heartbeat faster because it activates your “fight or flight response.” The aerosol damages specific cells in your circulatory system, increasing your risk for heart disease.
- Nicotine salt e-liquids produce a faster heart rate than other non-nicotine salt e-liquids.
- (Click) The nicotine on its own can cause trouble breathing and damage to the lungs. Why do you think that is?
- Your lungs are not designed to have anything else in them besides oxygen. They can’t breakdown all of the chemicals that are in e-cigarette aerosols.
- The lung damage caused by e-cigarette aerosol increases the chances for lung injury and lung disease.
- (Click) Nicotine can also cause increased acid reflux.
- Last by not least, nicotine can even negatively impact your reproductive organs.

References:
http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4363846/#ref1
https://www.bmj.com/content/366/bmj.l5275.long

Image Credit:
Pixabay.com, Deviantart.com, Wikimedia Commons
Hit or Miss, the Case of EVALI

For the first time, we have seen a vaping device cause sudden, immediate, serious and sometimes fatal damage to the lungs.

The Centers for Disease Control and Prevention (CDC) recommends to not use THC-containing e-cigarette/vape products particularly from informal sources like family/friends, dealers, online or other sources.

Since these products are not regulated, there is no guarantee that any part of an e-cigarette is safe for your health. Your lungs are the most happy and safe when you only breathe in oxygen and clean air.

Teacher Talking Points:

• We know that e-cigarette aerosol damages the lungs and increases the chances of developing a lung disease later in life. What if the aerosol or one chemical from vaping caused severe damage to the lungs after a few hits?
• In August of 2019 this began to happen. People were hospitalized for injured lungs from vaping. This outbreak was later named EVALI which stands for E-cigarette or Vaping product use-Associated Lung Injury.
• Most EVALI patients reported using THC-containing products and most said they got their products only from informal sources. THC is the chemical found in cannabis/marijuana that gives users a “buzz/high.”
• Scientists found Vitamin E Acetate, an oily chemical found in some THC-containing e-liquid, in the lungs of EVALI patients and in e-cigarette/vape products that the patients said they used. Vitamin E Acetate was mostly likely the cause of the outbreak. Breathing in Vitamin E Acetate can cause inflammation of the airways and interfere with normal lung functioning.
• What are some of your main takeaways after hearing about EVALI? (Wait for responses.)
• To add to or summarize what you already said, some main takeaways for EVALI include:

1. (Click) This is the first time we’ve seen a vaping device cause sudden, immediate, serious and sometimes fatal damage to the lungs.
2. (Click) The Centers for Disease Control and Prevention, better known as the CDC, recommends to not use THC-containing e-cigarette/vape products particularly from informal sources like family/friends, dealers, online or other sources.
3. (Click) Since these products are not regulated by the government, there is no guarantee that any part of an e-cigarette is safe for your health. Something you can always be sure of is that your lungs are the most happy and safe when you only breathe in oxygen and clean air.

Reference:
https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html
Teacher Talking Points:

• We are going to watch a video that covers the benefits of going smoke-free or vape-free.

[Hover over slide and click the play button.]

If technical issues should arise then watch this video with your students on YouTube by using this link: https://www.youtube.com/watch?v=lYBWAQluuUg

Sources:
https://www.bmj.com/content/366/bmj.l5275
https://tobacco.ucsf.edu/comment/33096#comment-33096
https://www.scientificamerican.com/article/smoking-or-vaping-may-increase-the-risk-of-a-severe-coronavirus-infection1/?amp
https://journals.lww.com/cmj/Abstract/publishahead/Analysis_of_factors_associated_with_disease.99363.aspx
Teacher Talking Points:

- Your risk for a heart attack is determined by many factors such as your genetics, environment, and lifestyle (click).
- Factors that play a role in your risk for heart attack include family history, race, where you live, what kind of air you breathe in, what you eat, how much you exercise, and overall lifestyle.
- Choosing not to use tobacco or nicotine reduces your overall risk for heart attack or heart disease.
- Let’s imagine the chance of having a heart attack is represented by dice and a higher the total rolled represents a higher chance of developing heart disease.
- Someone who does not use e-cigarettes or cigarettes is rolling with only one dice.
- Now imagine this person starts using e-cigarettes everyday (click). Their chances of having a heart attack would now double. This is a fairly similar amount of damage to the heart as someone who is smoking cigarettes everyday.
- This is one reason e-cigarettes are not considered safer than cigarettes. They both release ultrafine particles and toxins that damage blood vessels, encourage blood clotting, and can lead to heart attacks.
- Let’s complicate this story further by assuming that this person starts using cigarettes too (click) whenever they don’t have access to their vape. Now they are using both e-cigarettes and cigarettes.
- This would increase their risk for heart attack by five-fold. In other words, they are now gambling with five dice!
- On the bright side, this works the other way too. The risk of having a heart attack can drop immediately after quitting cigarettes (click). It could also drop after quitting e-cigarettes (click).
- (Click) Someone could take action right away to protect their heart by stopping any e-cigarette or cigarette use.

Sources:
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6953758/
- https://www.heart.org/en/health-topics/heart-attack/understand-your-risks-to-prevent-a-heart-attack

Images:
- https://i.pinimg.com/originals/6b/9e/53/6b9e53b8f71f2d84c66e1ea0b98d91a8.jpg
- https://www.vecteezy.com/
Teacher Talking Points:

• If we take apart these devices, it is important to consider how each component will impact a young person’s health.
• The plastic mouthpiece is coming in direct contact with the mouth, heavy metal parts are being heated up and degrading over time, and cartridges are being disposed of in the environment.
• (Click) This raises concerns and the question of “How do all of these parts affect your body?”
• E-cigarette companies, such as JUUL Labs, like to compare their product it to cigarettes to make it look better to the public. Research is starting to show that there are unique, harmful chemicals produced by e-cigarettes that are NOT produced by cigarettes.
• In other words, e-cigarettes are responsible for producing a new list of health risks and this list will most likely become longer as scientists study them in more detail.

References:
https://truthinitiative.org/research-resources/emerging-tobacco-products/3-ways-juul-harms-environment
https://www.cdc.gov/mmwr/volumes/68/wr/mm6840a4.htm?s_cid=mm6840a4_w

Images:
**Teacher Talking Points:**

- Based on what we know about e-juice/liquid, what chemicals would you specifically find in these pods? Let’s look at the ingredients that JUUL Labs reports as being in a JUUL pod.
- *(Click)* Nicotine: the addictive chemical in all pods.
- *(Click)* Benzoic Acid: pairs up with nicotine to help deliver high amounts of nicotine to the brain.
- *(Click)* Glycerol and propylene glycol: common ingredients found in most e-juices. Propylene glycol is not approved by the government for inhaling.
- *(Click)* The other chemicals include natural oils, extracts and flavors. What do they mean by extracts and flavors? What else is in this?
- Well, scientists started to look at all the chemicals in the JUUL pod e-juice. Guess what, they found these *(click)* 59 chemicals when they looked at all the pod flavors. Why wouldn’t they want us to know this?
- Maybe this will help you answer that question. *(Click)* The names in red represent chemicals that are corrosive, irritants, harmful, toxic and dangerous to the environment. What you see in orange *(click)* are chemicals that are harmful and those in light blue *(click)* represent chemicals that are irritants.
- Recently *(click)*, a Harvard University study found that a toxin named glucan was found in JUUL pods. Glucan is commonly found in the outer layer *(click)* of fungi or fungus. Glucan is known for causing inflammation in the lungs which can lead to long-term lung disease.

**References:**

- https://pubs.acs.org/doi/10.1021/acs.chemrestox.8b00381
- https://futurism.com/neoscope/harvard-researchers-microbial-toxin-juul-pods

**Images:**
- http://www.hethertonillustration.com/hihome
- https://www.vecteezy.com/
Outside of youth, what other vulnerable group has been targeted by big tobacco with the use of menthol in their tobacco/nicotine products?

A. women
B. black community
C. elderly
D. athletes

Teacher Talking Points:
• Now let's turn our attention to the marketing of tobacco products. What do you think the answer to this question is? (Click)
  Answer: B. black community.
• Historically, the Tobacco companies reinforced the popularity of menthol tobacco products by exploiting vulnerable communities. For example, in the African-American communities, a tobacco company would drive a van through districts and give away free cigarettes.

Reference:
https://www.fda.gov/TobaccoProducts/GuidanceComplianceRegulatoryInformation/ucm246129.htm
Teacher Talking Points:

• It is incredibly important that Black people, and other people of color, are represented in movies, magazines, and other media. It’s a different story when the product that is being sold is addictive and deadly.
• It is even more frustrating to see how the Black community is targeted by tobacco companies when you know that smoking is a major cause of heart disease, the number one cause of death for people who are Black.
• We are going to watch a video to see spoken word artist Six Footah The Poet's take on menthol.

[Hover over slide and click the play button.]

If technical issues should arise then watch this video with your students on YouTube by using this link: https://www.youtube.com/watch?v=j-pzmb-85wQ
**Teacher Talking Points:**

- Earlier we discussed how pod-based companies have fruity and sweet flavor pods along with colors.
- *(Click)* Why would there be over 15,500 e-juice flavor options such as Banana Butt and Honey Doo Doo?
- It's important to be aware that this is another example of the pod-based companies following well-known advertising strategies from Big Tobacco's playbook.
- They know that flavors are a great way to attract young customers because they are the group most interested in sweet flavors and bright colors.
- This tactic is so effective that flavored cigarettes have been banned since 2009, since extensive research shows that they are more appealing to young people. The pod-based companies along with other e-cigarettes have yet to be regulated in this way.
- *(Click)* More and more evidence is piling, proving that these flavors are dangerous in and of themselves.
- *(Click)* So far we know that flavors can impair lung function and increase risk for heart disease.
- But pod-based companies continue to use them because they know it makes their products seem appealing and safe to teens.

**Reference:**

https://www.flavorshookkids.org/
http://www.onlinejacc.org/content/73/21/2722
https://www.sciencedaily.com/releases/2018/05/180523172310.htm

**Images:**

https://thepodgod.shop/collections/puff-bars?page=1
https://thepodgod.shop/collections/puff-bars?page=2
Teacher Talking Points:
• What audience do you think this ad is targeting? (Let the class provide some answers.)
• How does this woman in the ad have a youthful appearance?
• So do you think a company like JUUL Labs targeted youth like you or your friends? If so, how and why?

Discussion starters/hints: 1. ponytail hair, 2. letterman’s jacket, 3. position of her body (pose)
• (Click) Here is another campaign of ads from a different pod-based e-cigarette brand.
• Who does this person with the short hair look like? (Let the class provide some answers.)

Discussion starters/hints: 1. The Parkland Student Activist 2. Do you think it was an accident that this model resembles a girl who received a lot of press and air time? 3. How do you think this ad may be exploiting that?
• How is this Blu ad different from the JUUL ad?

Discussion starters/hints: 1. femininity (gender expression) 2. social message 3. city backdrop vs. geometric shapes 4. how the device is being held

Images:
http://www.styleitholmes.com/advertising/ (Rolling Stones July 2018 Issue)
Teacher Talking Points:

- There has been increasing concerns around how young people have been targeted by these pod-based companies on social media.
- (Click) For example, young social media influencers and other third party influencers were paid by JUUL Labs and other vaping companies to make JUULing or vaping look cool.
- (Click) Here is a comment from one social media influencer who JUUL Labs paid to promote their product to young people. This one influencer's comments regarding JUULs was "liked" by over 700,000 people!
- After JUUL stopped paying influencers to post their content, they promoted the device on social media in other ways, including commenting on people’s posts and sharing discount codes.
- Even after JUUL “shut down” it's Instagram page, they still have an active account that is being tagged in posts daily.
- Many social media accounts post videos of young people using these products, while giving shout-outs to JUUL and other pod-based brands.
- Don’t get trapped by these strategies to attract young people as customers!

References:
https://tobacco.ucsf.edu/sites/tobacco.ucsf.edu/files/wysiwyg/Dkt%20082%20%28SAC%20w%20corrections%29.pdf

Images:
https://pxhere.com/en/photo/1438939
https://www.instagram.com/christinazayas/?hl=en
https://www.instagram.com/bellahadid/?hl=en
Text "DITCHJUUL" to 887-09

• Daily quitting tips

• Designed with feedback from teens and college students who have tried to quit, or have successfully quit

Reference:
https://truthinitiative.org/what-we-do/quit-smoking-tools
Teacher Talking Points:

- There is a national website that offers information on quitting e-cig/vape use.
- There is a national hotline, 1-800-QUIT-NOW (1-800-784-8669). When you call that number and give them the state you’re calling from, they will connect you to your state’s hotline.
- Each state varies in the type of services offered (http://map.naquitline.org/)

References:
https://teen.smokefree.gov/
http://map.naquitline.org/
Teacher Talking Points:

• This resource is for people who live in California.
• Free individual counseling and coaching is available to youth who want to quit e-cigs/vapes. You need to enroll first, it only takes about 5 minutes to do that. They can also email free reading materials if you want them.

Reference:
https://www.nobutts.org/
Teacher Talking Points (outside California):

- There is also a new youth tobacco/nicotine cessation program, available for free in Colorado, Hawai'i, Idaho, Iowa, Kansas, Kentucky, Massachusetts, Michigan, Minnesota, Montana, Nevada, New Hampshire, North Dakota, Ohio, Oklahoma, Pennsylvania, Rhode Island, Utah, Vermont, and Wyoming.
- They provide structured, live coaching sessions for youth using multiple communication tools. Visit MyLifeMyQuit.com or text “Start My Quit” to 855-891-9989 to learn more. #MyLifeMyQuit #StartMyQuit.

Reference:
https://www.mylifemyquit.com/?utm_source=fb&utm_medium=soc&utm_campaign=TPT