

by George Kanis

Why Vaping is good for You



The classroom program

Why this Program Exists

My name is George Kanis, and I created the "Stupid Ideas Series" because I'm tired of watching smart, capable, brilliant young people fall for Stupid Lies. Like this one: "Vaping is harmless." That's why I created this book, the classroom material including the videos called: "Vaping is good for You" and other Stupid Ideas.

When something smells like bubblegum but hits like nicotine, you know there's a problem. We've been sold the idea that vapes are clean, safe, and totally chill, but the truth is, we've just replaced one trap with another. Right now a whole generation is getting hooked.

This program isn't here to shame you. It's here to open your eyes, with honesty, facts, and just enough sarcasm to keep it real.

This book is for the kid hiding their vape in their sleeve. For the friend who swears it's "just a phase." For the young person who thinks, "Well, at least it's not cigarettes." I get it. You're not stupid you're just being played by an industry that profits off your confusion.

So read this and get through this program. Laugh a little. Cringe at the facts. Get mad if you need to and then remember that your breath, your brain, your future, they're all still yours to protect. This isn't about being perfect. It's about being awake.



What is?

Why Vaping is good for You and other Stupid Ideas is more than a book. It is a complete educational program designed to help teens and young adults understand the real risks of vaping in a way that is honest, engaging, and easy to connect with.

The program is built around a bold and accessible book that breaks through the myths, marketing, and social pressure surrounding vaping. It explains what vaping is, what is inside vape products, how nicotine affects the developing brain, and why vaping can harm the lungs, heart, focus, mood, and long-term health.

It shows how social media, peer influence, and the vaping industry make vaping look harmless while hiding the real dangers.

What sets this program apart is that it does not preach. It speaks the language of young people and combines sharp humor, clear explanations, and real educational value. The goal is not just to warn, but to help young people think critically, recognise manipulation, and make stronger choices for themselves.



What is?

Included in the program

- online learning platform
- the book
- matching videos
- one teacher module
- four classroom modules
- one parent and caregiver module

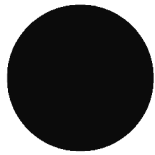
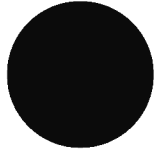
Each chapter of the book has its own video, making the content more visual, accessible, and practical for use in schools, youth work, and at home.

The classroom material includes lessons, discussion points, and reflection activities. The parent and caregiver module helps adults continue the conversation at home and support young people beyond the classroom.

Why this program matters

Young people are being targeted by an industry that profits from addiction, confusion, and image. This program offers something stronger: knowledge, awareness, critical thinking, and the confidence to make healthier choices.

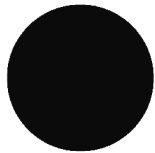
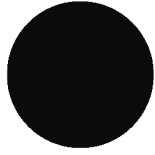
C CONTENT



1: What Vaping Actually is	5
2: Why this book Exists	6
What I hope you take from this	8
3: It's just Vape, so what?	11
4: A Hit of Chemicals	12
5: Nicotine, the Brain Hacker	15
6: Popcorn Lungs	18
Research shows	20
7: Your Heart under attack	23
The Science is Clear	25
8: The Cool Trap Reloaded	27
Everyone is doing it	29
From Trend to Trouble	30
Quiz	32
9: What They Don't Post on INSTA	36
The Silent Symptoms	41
10: Vape Lords	43
11: Science shows	48

The CHAPTERS

C CONTENT



12: Mental Health	51
13: Vaping Trends	52
14: Habits	55
15: Holding You back	58
The Truth	60
16: Good News!	61
Quit Now	63
17: Create a Support System	65
18: Celebrate the wins!	69
You got this	71
19: Disclaimer	72
20: The Stupid Ideas Complete Series	74

The Chapters

Program Options & Pricing

Vaping Pilot Lesson – 1 Class

For schools that want to first test the program in practice with one teacher and one class. ***What you get:***

- 2 to 4 weeks of online access
- book + video series
- ready-to-use lesson materials
- teacher module
- student modules
- parent/caregiver module

Ideal for:

- mentor lessons
- first-year / lower secondary classes
- prevention projects
- first introduction to the program

Price: €195, excluding VAT.

Program Options & Pricing

Vaping School License – Whole School

For schools that want to use the program more broadly throughout the school year across multiple classes or teams. ***What you get:***

- 12 months of online access
- use by multiple teachers
- book + full video series
- lesson materials for classroom use
- teacher module
- student modules
- parent/caregiver module
- integration of the school logo into the program

Ideal for:

- school-wide prevention approach
- citizenship education and mentor lessons
- health education
- structured implementation within the school

Price: €695, excluding VAT.

With the annual license, the program is tailored to the school, including integration of the school logo and direct contact with the creator for coordination and support.

The Stupid Ideas Complete Series

© 2026 George Kanis, all rights reserved.

This book and classroom program are part of The Stupid Ideas Series, a bold, no-nonsense collection created to help teens and young adults think for themselves, see through the lies, and make smarter choices.

Each title takes on one so-called **“cool”** behavior and rips it apart with real facts, sharp humor, and brutal honesty.

I created this series because the world is full of bad advice and someone needed to call it out. If you liked this topic then check out these other eye-opening titles:

- Why Smoking is Good for You
- Why Energy Drinks are Good for You
- Why Doing Drugs is Good for You
- Why Bullying is Good for You
- Why Social Media is Good for You
- Why Binge Watching is Good for You
- Why Alcohol is Good for You

Want the full set? Want to stay sharp?

Follow the series, challenge the lies. Make better choices, live smarter, live stronger, live free, live your life on purpose.

The No - BS Guide to thinking for yourself



“I want everyone who finishes this program to truly believe that their lungs, their mind, and their future are worth protecting, because trading them for a cloud of flavored smoke is more than just a stupid idea.”

George Kanis
Author & Creator

Still think Vaping isn't a big deal? Think Again.

by George Kanis

What started as a “healthier” alternative to smoking has become a trap for millions of teens and young adults. This book cuts through the smoke and exposes the truth behind the flavors, the influencers, and the myths.

With facts, real talk, and a sharp dose of sarcasm, *Why Vaping is good for You* and *other Stupid Ideas* dares you to question what you've been told and what you believe.