



Why Your Mates Won't Care If You Say No To Their Vape



By Year13 in Partnership with the Department of Health and Aged Care

Overview

- Feel awkward saying no to a vape when your friends offer?
- Here's why they won't actually care if you say no.

Pretty sure we've all been there. You're sitting around with your mates, whether you're out grabbing a feed, sitting around at a park, or just kicking back at someone's house. One of your mates pulls out a vape and passes it round to a couple of people until it reaches you. In the moment you're probably not sure what to do, but remember even short-term vaping may be harmful for your health. So, here are a few reasons why it's totally okay to say no to your mates.

Your friends don't care whether you wanna vape or not

Believe it or not, your mates won't actually care whether you say yes or no. They hang out with you because they like you, not because they've been secretly planning to peer pressure you into vaping since the moment you met. Plus, it's not like the convo is going to become 5x better if you hit a vape.

They'll probs be happy to share the vape with you, but if you say no, more for them, right? Which brings us to our next point.

Vapes cost the price of jesus' tears

Vapes are exxy. Your mates that vape know that – especially if they're the ones buying them. So, sharing a vape comes at a hefty price to them so they'll be lowkey glad if you say no.

Or if you're with them when they're buying one, they'll understand if you just say you're povo.

They'll probably respect your choice

Life is short but life can also be long. Your mates know that vaping isn't exactly the epitome of good health. That said, you don't have to be grim and say, "babes you'll cark it before me at this rate," but your mates know what vaping is doing to them. They'll respect you for having the self-control to say, "adios vape."

You might help someone else say no

If you're feeling the pressure to vape when you're around your mates, there's a high chance at least one other person in the group said yes because they felt the same pressure. So, if you say no, you'll help other people feel comfier doing the same – modern day Mother Teresa right there.

Your mates are their own main character, so they probably won't remember whether you took the vape or not in 3 hours, so it really isn't that deep. Also, It's actually none of their business, lol. If you wanna do something, it's up to YOU and YOU alone - peer pressure is so 2007 xxx