

FEBRUARY 2026 EDITION

BREAKDOWN PRESENTS

MASCOT

HIGH SCHOOL HAPPENINGS



LOVE

YOURSELF

LIVE

VAPE-FREE



LOVE YOURSELF, LIVE VAPE-FREE

SPORTS, VALENTINE'S DAY, & SPRING LUNCH TAKEOVER TOUR

Featuring:



BE YOU. BE REAL. BE VAPE-FREE.

**BREAKDOWN IS A LAS VEGAS TEEN
MOVEMENT BRINGING YOU THE TRUTH
AND DISPELLING THE MYTHS
ABOUT VAPING.**



**FOLLOW TO LEARN MORE, FOR CONTESTS,
PRIZES, AND SWAG GIVEAWAYS...**

**📷 @BreakDownRiseUp
BreakDownRiseUp.com**

BE YOU. BE REAL. BE VAPE-FREE.



IN THIS ISSUE

NOTE FROM BREAKDOWN

February is here - that means wrapping up winter sports and the start of spring season, the Spring Lunch Takeover Tour, and Valentine's Day.

Let's jump in.

06 Winter Season Wrap-Up

Winter sports so far and approaching championships.

10 Choose You - Be Vape-Free

Self-love = taking care of your mind and body. Be smoke-free and vape-free.

13 Lunch Takeover Tour

Spring Lunch Takeover Tour starts now.

SNAPSHOTS

Winter 2025 - 2026



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SNAPSHOTS

Winter 2025 - 2026



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WINTER SEASON WRAP-UP

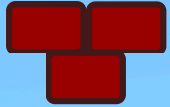
As we approach regionals and state tournaments, recent wrestling meets have had intense matchups. Slam! (5A) and Sierra Vista (4A) remain strong contenders for championships.

Flag football is bringing the action too, with Shadow Ridge, Desert Oasis, Arbor View, Liberty, and Bishop Gorman performing at the top of their game.

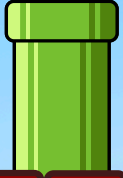
Boys basketball has been full of close, exciting games. Liberty, Coronado, Desert Pines, and Mojave are holding steady at the top. Clark, Las Vegas High, Faith Lutheran, Shadow Ridge, and Legacy have been making big plays as well. For girls basketball, Bishop Gorman remains on top with strong performances from Centennial, Shadow Ridge, Liberty, Coronado, and Faith Lutheran.

Across all sports, this winter is shaping up to be one of the most competitive in Southern Nevada.

STUCCO ZONE 2026 SNAPSHOTS



STUCCO ZONE 2026 SNAPSHOTS



A photograph of two wrestlers in action. One is wearing a blue singlet and the other a red one. They are in a wrestling stance on a mat.

WRESTLING

A photograph of girls basketball players. A player in a white jersey is holding the ball, while others in white and dark jerseys are around her.

**GIRLS
BASKETBALL**

A photograph of boys basketball players. A player in a white jersey is dribbling the ball, with other players in white and red jerseys nearby.

**BOYS
BASKETBALL**

A photograph of flag football players on a field. A player in a red jersey with 'PANTERAS' and the number '3' is running with the ball, while others are pursuing.

**FLAG
FOOTBALL**

CHOOSE YOU: BE SMOKE & VAPE-FREE

Choosing to be smoke-free and vape-free is a great way of taking care of your mind and body. Self-love means not letting bad habits like vaping bring you down - especially since vaping can lower motivation and negatively impact mental health.

That includes weed too. Using cannabis can affect memory, attention, and learning. It has even been linked to increased anxiety, low mood, and difficulty managing emotions. Regular use may lower motivation, make it harder to focus in school or sports, and keep you from feeling your best.

Loving yourself doesn't mean having it all figured out — it means making choices that help you feel better, not worse.

**WINTER SEASON
IS HERE.**



**VIEW ALL GAME SCHEDULES
ON INSTA @BREAKDOWNRISEUP**

FAST FACTS

to blow your brain



FEBRUARY IT IS THE ONLY MONTH THAT CAN SOMETIMES PASS WITHOUT A FULL MOON.



IN THE US, 58 MILLION POUNDS OF CHOCOLATE ARE PURCHASED THE WEEK OF VALENTINE'S DAY.



FeBFebruary

29

THE ODDS OF BEING BORN ON FEB. 29 ARE ABOUT 1 IN 1,461.





LOVE

YOURSELF

LIVE

VAPE-FREE





**CATCH BREAKDOWN
AT YOUR SCHOOL!
SPRING TOUR STARTS NOW.**



LOVE LIVE

YOURSELF

V A P E - F R E E

BREAKDOWN

SPRING 2026 LUNCH TAKEOVER TOUR

**FREE RAFFLE CARDS GIVEN AWAY AT ALL
BREAKDOWN LUNCH TAKEOVER TOUR STOPS**
(AVAILABLE AT ALL PARTICIPATING SCHOOLS)

CHANCE TO WIN

**AIRPOD MAX, IPAD,
OR AMAZON GIFT CARDS**



HOW TO PLAY:

Get A Raffle Ticket From BreakDown Booth

Follow @BreakDownRiseUp on Instagram

Scratch Off Card To Reveal Unique Code

Check Insta To See Winning Codes

*Raffle ticket winning numbers will be posted on 2/6/2026. No purchase necessary.
Open to CCSD students ages 13-18. Prizes must be claimed by 4/18/2026 or the prize is forfeited.
Physical card must be presented to claim prize.
Each person may only win once.*

BE YOU. BE REAL. BE VAPE-FREE.

VAPING AFFECTS YOUR MENTAL HEALTH

LET'S BE HONEST, MENTAL HEALTH IS SOMETHING WE'RE ALL DEALING WITH EVERY DAY.

Vaping only adds to your list of **problems**, amplifying the **stress** you're already facing. Here's the truth - all vaping does is feed the **nicotine craving** for a bit and **expose your brain to harmful chemicals**. Any relief you feel is just your brain thanking you for **feeding the addiction**.

IT'S A VICIOUS CYCLE - STRESS, VAPE, SHORT RELIEF, MORE STRESS, VAPE, SHORT RELIEF.

If that sounds familiar, you're definitely not alone. Research shows **nicotine addiction** from vaping can worsen symptoms of **depression and anxiety**, **increase stress**, **disrupt sleep**, and **harm brain development**.

YOU MAY THINK IT CAN HELP WITH STRESS, BUT IT DOES JUST THE OPPOSITE.

Vaping changes brain chemistry and can actually make life **more stressful**. Vaping can also lead to **trouble paying attention**, **memory problems**, **lower motivation**, **depression**, and **anxiety**.

IF YOU NEED TO QUIT, THERE'S HELP.

For free help, scan below:



MY LIFE★
MY QUIT™

My Life, My Quit offers **FREE & CONFIDENTIAL** evidence-based tools and support to help you quit vaping.

QUITTING HELPS YOUR MENTAL HEALTH

Here are some other tips that can help.

1. TALK IT OUT.

Talking to friends, family, or anyone can help. Don't keep things bottled up.

2. SLEEP IS EVERYTHING.

We need 8-10 hours of sleep to function. If we don't get that, it amplifies stress. Make time to rest.

3. TAKE BREAKS FROM YOUR PHONE.

Doom scrolling can make anyone feel overwhelmed. Give yourself time offline to reset.

4. GET MOVING.

Go for a walk, dance around your room, hit the gym, stretch. Any movement helps.

5. SURROUND YOURSELF WITH GOOD PEOPLE.

Good friendships should lift your mood and feel safe, not stressful.

6. FOOD IS FUEL.

Don't skip meals, or live off snacks and caffeine. Eating right can change your whole mood.

7. YOUR PLAYLIST IS POWER.

Listen to songs that make you happy. Sad songs can seem comforting, but get you too deep in your feelings.

8. MIX UP YOUR ROUTINES.

Identify things you did in the last week that made you feel better, even briefly.

Find something positive to keep you distracted.

9. FIND YOUR RESET BUTTON.

Go for a run, hit the gym, listen to your favorite playlist, or hang with people who make you laugh.

10. ASK FOR HELP WHEN YOU NEED IT.

Rely on people who care about you - whether you know it or not, they actually do.

And, access the free resources that really work like [Credible Mind](#).

Credible Mind offers
FREE & CONFIDENTIAL evidence-
based mental health information
and tools for anxiety, stress
depression, burnout, and more.



CredibleMind

For free help, scan below:





BE YOU. BE REAL. BE VAPE-FREE.

BREAKDOWN

LOVE IS IN THE AIR

GIANT TEDDY BEAR GIVEAWAY



2 WINNERS
WILL BE
CHOSEN



6 FT
TALL





BREAKDOWN

BE YOU. BE REAL. BE VAPE-FREE.

FOLLOW THESE 3 STEPS:

Follow Our Page



Like the Giveaway Post



Comment To Tag 2 Friends



GIVEAWAY OPEN UNTIL FEBRUARY 5TH AT 11:59 PM.



GRADUATION TIME

KNOW THE DATE YOU GRADUATE!



MAY 23



MAY 27



MAY 27



MAY 27



MAY 28



MAY 28



MAY 27



MAY 26



MAY 29



MAY 27



MAY 27



MAY 28



MAY 29



MAY 26



MAY 29



MAY 22



MAY 23



MAY 27



MAY 22



MAY 23



MAY 29



MAY 23



MAY 28



MAY 26



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MAY 22



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MAY 29



MAY 29

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