

VAPING PRESENTATION

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MOST COMMON NIC. VAPES

- ARGUS**
- ELF BAR**
- DRAG BAR**
- LOST MARY**

Nicotine & the Affects on the Adolescent Brain Development



WHY IS NICOTINE UNSAFE FOR KIDS, TEENS, AND YOUNG ADULTS?

MOST E-CIGARETTES (VAPES) CONTAIN NICOTINE—THE ADDICTIVE DRUG IN REGULAR CIGARETTES, CIGARS, AND OTHER TOBACCO PRODUCTS.

A CDC STUDY FOUND THAT 99% OF THE E-CIGARETTES SOLD IN ASSESSED VENUES IN THE UNITED STATES CONTAINED NICOTINE.¹

SOME VAPE PRODUCT LABELS DO NOT DISCLOSE THAT THEY CONTAIN NICOTINE, AND SOME VAPE LIQUIDS MARKETING AS CONTAINING 0% NICOTINE HAVE BEEN FOUND TO CONTAIN NICOTINE.

NICOTINE CAN HARM THE DEVELOPING ADOLESCENT BRAIN.² THE BRAIN KEEPS DEVELOPING UNTIL ABOUT AGE 25.

USING NICOTINE IN ADOLESCENCE CAN HARM THE PARTS OF THE BRAIN THAT CONTROL ATTENTION, LEARNING, MOOD, AND IMPULSE CONTROL.2

EACH TIME A NEW MEMORY IS CREATED OR A NEW SKILL IS LEARNED, STRONGER CONNECTIONS – OR SYNAPSES – ARE BUILT BETWEEN BRAIN CELLS. YOUNG PEOPLE’S BRAINS BUILD SYNAPSES FASTER THAN ADULT BRAINS. NICOTINE CHANGES THE WAY THESE SYNAPSES ARE FORMED.

USING NICOTINE IN ADOLESCENCE MAY ALSO INCREASE RISK FOR FUTURE ADDICTION TO OTHER DRUGS.2

HOW DOES NICOTINE ADDICTION AFFECT YOUTH MENTAL HEALTH?

WHEN A PERSON IS DEPENDENT ON (OR ADDICTED TO) NICOTINE AND STOPS USING IT, THEIR BODY AND BRAIN HAVE TO GET USED TO NOT HAVING NICOTINE. THIS CAN RESULT IN TEMPORARY SYMPTOMS OF NICOTINE WITHDRAWAL.

NICOTINE WITHDRAWAL SYMPTOMS INCLUDE IRRITABILITY, RESTLESSNESS, FEELING ANXIOUS OR DEPRESSED, TROUBLE SLEEPING, PROBLEMS CONCENTRATING, AND CRAVING NICOTINE.³ PEOPLE MAY KEEP USING TOBACCO PRODUCTS TO HELP RELIEVE THESE SYMPTOMS.⁴

YOUTH MAY TURN TO VAPING TO TRY TO DEAL WITH STRESS OR ANXIETY, CREATING A CYCLE OF NICOTINE DEPENDENCE. BUT NICOTINE ADDICTION CAN BE A SOURCE OF STRESS.

WHAT MAY START AS SOCIAL EXPERIMENTATION CAN BECOME AN ADDICTION.

THE MOST COMMON REASON U.S. MIDDLE AND HIGH SCHOOL STUDENTS GIVE FOR TRYING AN E-CIGARETTE IS “A FRIEND USED THEM.”⁵

THE MOST COMMON REASON YOUTH GIVE FOR CONTINUING TO USE E-CIGARETTES IS “I AM FEELING ANXIOUS, STRESSED, OR DEPRESSED.” 5

YOUTH E-CIGARETTE AND CIGARETTE USE HAVE BEEN ASSOCIATED WITH MENTAL HEALTH SYMPTOMS SUCH AS DEPRESSION.9,10

SOME CAMPAIGN WEBSITES TO HELP EDUCATE KIDS AND YOUNG ADULTS WITH FACTS ABOUT E-CIGS

[HTTPS://WWW.THETRUTH.COM/ARTICLE/SAFER-SAFE](https://www.thetruth.com/article/safer-safe)

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