

# How Vape and Cigarettes Make the Youth Addicted

Vaping and smoking cigarettes have become increasingly popular among young people in recent years. In 2018, the National Youth Tobacco Survey found that 20.8% of high school students and 4.9% of middle school students used e-cigarettes in the past 30 days. These numbers have been steadily increasing since 2011.



## Youth Vaping Epidemic: How Vape And E-Cigarette Make The Youth Addicted: Youth Vaping Epidemic

by Barbara Keesling

★★★★☆ 4.1 out of 5

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There are a number of factors that contribute to the popularity of vaping and smoking among young people. One reason is that these products are often marketed as being cool and trendy. Another reason is that nicotine is a highly addictive substance, and it can quickly lead to addiction.

Nicotine is a stimulant that affects the brain's reward system. When someone uses nicotine, it causes the release of dopamine, which is a

neurotransmitter that is associated with pleasure and reward. This makes nicotine very addictive, as people are constantly chasing the feeling of pleasure that it provides.

The developing brains of young people are particularly vulnerable to the effects of nicotine. Nicotine can damage the developing brain and lead to problems with learning, memory, and attention. It can also increase the risk of mental health problems, such as anxiety and depression.

In addition to the physical and mental health risks, vaping and smoking can also have social consequences for young people. These products can lead to isolation and social problems, as they can make it difficult for young people to connect with their peers who do not use these products.

If you are a young person who is vaping or smoking, it is important to know that you are not alone. There are many resources available to help you quit. You can talk to your doctor, a counselor, or a trusted adult. You can also call the National Cancer Institute's Quitline at 1-800-QUIT-NOW (1-800-784-8669). Quitting vaping or smoking can be difficult, but it is possible. With the right support, you can break free from addiction and live a healthy life.

### **Tips for Helping Young People Quit Vaping and Smoking**

- Talk to your child about the dangers of vaping and smoking.
- Set clear rules about vaping and smoking in your home.
- Be a good role model by not vaping or smoking yourself.
- Support your child if they want to quit vaping or smoking.

- Don't give up on your child if they relapse. Relapse is a normal part of the quitting process.

Quitting vaping or smoking can be difficult, but it is possible. With the right support, young people can break free from addiction and live healthy lives.

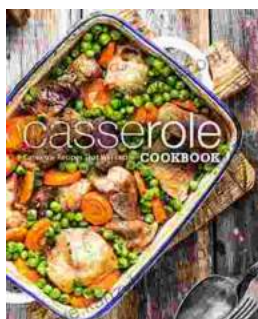


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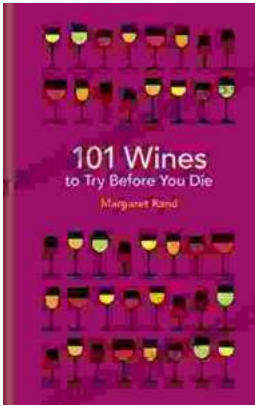
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