Why Vape?

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Introduction

The purpose of this paper is to investigate why e-cigarettes are popular among teenagers and young adults. This research paper will be going over the factors that are leading to the use of e-cigarettes, the risks that the usage of e-cigarettes entails, and practices for e-cigarettes prevention.

# E-Cigarettes Usage

Over the years the usage of e-cigarettes has become extremely popular among teenagers and young adults. With over a 30% of 12th graders having tried e-cigarettes and over 15% using them over a 30-day period. Kids are twice as likely as adults to vape and between the years 2011-2015 there was a 900% increase in vaping in middle and high schools. E-cigarettes are appealing for not being as dangerous as burned cigarettes, even though a single JUUL contains more nicotine than a pack of 20 burned cigarettes. E-cigarettes also come in different flavors such as fruit, mint, candy, or desert flavors. Most high schoolers report starting with a flavored e-cigarette.

E-Cigarettes Risks

While E-Cigarettes are not as dangerous as burned cigarettes, they are still extremely harmful. Burned cigarettes kill off half of their long-term users and are the number one most preventable health risk, so to just be healthier than that isn’t much of an accomplishment. E-cigarettes contain, ultrafine particles that can be inhaled deep into the lungs, flavorings such as diacetyl, volatile organic compounds, cancer-causing chemicals, and heavy metals such as lead. The most immediate concern among those ingredients listed is the nicotine. Nicotine is a highly addictive substance that can lead the user to become dependent upon. It can hamper the development of the brain until it is fully developed around the age of 25. Nicotine can also damage the brain cells that are used to learn new skills. Many kids do not understand just how dangerous “vapes” are and just because they are not burned cigarettes doesn’t make the safe.

E-Cigarette prevention

There are many steps that parents and teachers can take to help prevent their kids/students from using e-cigarettes. The first step for parents is to learn about e-cigarettes, find out what they are, what their effects are, and signs to look for if you think you child is using e-cigarettes. The next step is to inform your child about e-cigarettes and the dangers of them. Make sure you are setting a good example for your child by not using tobacco products and set rules to prevent your child from doing so. Teachers need to be informed about e-cigarettes and inform their students of them. Teachers need to be on the look out for students that use e-cigarettes and enforce school regulations regarding them. Communities can develop anti-tobacco policies and create prevention programs and programs to help the kids who are already using e-cigarettes.

Conclusion

E-cigarettes are an extremely popular and dangerous item that is used among the youth and they are only increasing as time goes on. Everyone needs to be more informed on the common usage of e-cigarettes, their risks and how to increase prevention among youth and young adults so that we can reduce the damage they are causing to our modern youth.

References

Last Name, F. M. (Year). Article Title. *Journal Title*, Pages From - To.

Last Name, F. M. (Year). *Book Title.* City Name: Publisher Name

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