

# Drug Free Adams County

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**Drug Free**

**Adams County**  
*Rays of Hope for a Better Tomorrow*

## Vaping – Not a Safe Alternative

A hot topic for teens and young adults right now is vaping. While it may not sound like a big deal, vaping can in fact be quite harmful to the body. First-time users might try vapes because of the flavors, without realizing that with every pump of flavor comes a high dose of nicotine.

### Nicotine and Addiction

The human brain is not fully developed until age 25. Nicotine harms the brain circuits that control attention and learning. These changes may lead to mood disorders and problems with impulse control, and can increase the risk of addiction to nicotine as well as to other drugs. Nicotine also harms blood vessels and can lead to an increased risk for heart attack and stroke. Even worse, nicotine addiction can actually occur within days of regularly using a vape, not just from long term use.

### How to Talk to Teens about Vaping:

- Explain the health risks
- Establish an open dialog – ask, don't tell.
- Help them practice saying 'no'
- Get help



*Become An Ex* is a Truth Initiative resource for parents looking to help their child quit vaping. The program sends customized text messages to help them understand what their teen is going through emotionally and physiologically, and how they can be supportive. To join, text "QUIT" to 202-899-7550. For teen-specific social support, Truth Initiative developed *This Is Quitting* — a vaping cessation program for young people. To join, text "DITCHJUUL" to 88709.

**For more information, please visit our website:  
[www.DrugFreeAdamsCounty.org](http://www.DrugFreeAdamsCounty.org)**