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Drug Free



Adams County

Rays of Hope for a Better Tomorrow

Vaping On the Rise

E-cigarettes (vaping devices) have created a trend of nicotine addiction among teens. As of 2020, nearly 1 in 5 U.S. high school students and 1 in 21 middle schoolers vaped. Here in Indiana, teens are now more likely to use vaping devices than cigarettes. The increase in vaping among youth is rising at such an alarming rate that the U.S. Surgeon General is calling it an epidemic that "demands action to protect the lives of young people."

Dangers of Vaping

Many e-cigarette liquid solutions contain nicotine, the addictive substance found in tobacco. Its use in youth can increase the risk for addiction to other drugs as well. E-cigarettes also rely on aerosols that can contain heavy metals and cancer-causing agents. The FDA is currently investigating a link between seizures from nicotine overdose in youth caused by vaping.

Help is Available

Have a teen who vapes and they're not sure how to quit? Help is available.

"This is Quitting" is a free mobile program from the Truth Initiative designed to help young people quit vaping. The first-of-its-kind text messaging program incorporates messages from other youth who have attempted to, or successfully did, quit e-cigarettes. They also send young people evidence-based tips and strategies to quit and stay quit. "This is Quitting" is tailored to groups based on age and product usage, to give teens and young adults appropriate recommendations about quitting.

To enroll in "This is Quitting" simply text **DITCHVAPE** to **88709**.

