



Hello!

This week I will discuss how vaping and using nicotine products can affect young people's mental health. As I am sure you already know, vape products often contain high levels of nicotine, a highly addictive substance. Did you know that not only is nicotine addictive, but it can also harm brain development in those under the age of twenty-five? The use of nicotine during adolescence can affect parts of the brain that control attention, learning, mood, and impulse control.

As educators how do you think nicotine use affects your students?

Check Out This Helpful Video



Nicotine and Mental Health



- Nicotine can worsen anxiety symptoms and amplify feelings of depression.
- Current e-cigarette users have 2X the odds of having a diagnosis of depression compared to those who have never vaped, according to a 2019 JAMA study
- Trace metals found in vape liquid may play a role in the potential link between vaping and depression.
- Vaping is significantly associated with higher levels of ADHD symptoms, based on a 2019 study of college students.

What Can We Do?

According to the CDC, these are some of the most helpful things we can do to help our teens who are at risk of using nicotine.

- Set a good example by being tobacco-free and ensure your young people are not exposed to secondhand emissions from tobacco products, including e-cigarettes.
- Start the conversation early with young people about why e-cigarettes are harmful to them. Make sure to mention the physical and mental consequences of nicotine use.
- Do your research and know your facts when conversing with teens about the dangers of vaping. Many resources like the American Lung Association are available online to help you navigate these conversations.

Helpful Ways to Teach Young People About The Dangers of Nicotine

- Truth Initiative "Depression Stick"
- Video Game for tooth loss
- Talk About Vaping - ALA
- What Teens Should Know about Nicotine



Want to know more? Check out these resources.

- Crisis Lifeline
- Truth Initiative
- American Lung Association



Contact Your Mental Health Navigator:

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