

Standing Up to Peer Pressure

While it may **seem** like many of your peers are vaping and you're the odd one out – in fact **less than 10% of all U.S. middle and high school students use ANY nicotine product!**

Even with these facts, it can still be hard to resist peer pressure so here are some ways to say “No”.

- Give an excuse. It should be ok to say “no” without needing to apologize or give an explanation. But it may make it easier to say no if you have a ready reason, like your family being able to smell it on your clothes after.
- Make up a reason to leave the situation.
- Turn to a trusted friend to help say “No” with you or to stand up for you.
- Suggest doing a different activity where your hands are too busy to hold a vape.
- Just say “No thanks.” It feels simple, but a polite no that doesn't sound like you're shaming others works wonders.

None of these sound right to you?

Get support from a trusted adult such as a parent, family member, teacher, or school counselor. A trusted adult can listen to you and help you with strategies that might work in your situation.

Online Resources:

Washington Teen Link – peer-to-peer support text chats/calls, local resources, FAQs, mental health support

Nemours KidsHealth – FAQs, teen health info, tips

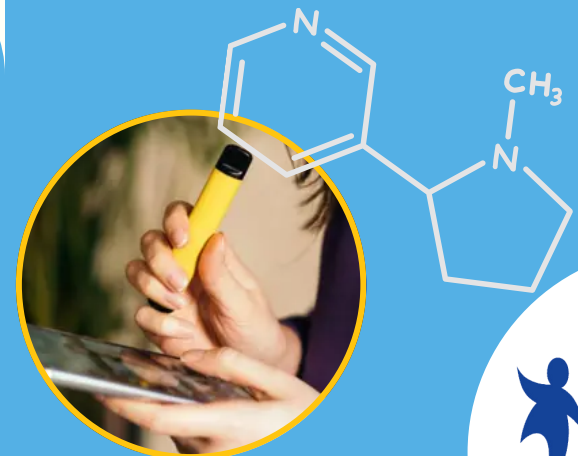
The truth Initiative – FAQs, data/statistics, health effects, reduction/cessation resources

The Ex Program – quitting support, support chats



Nicotine 101

What Students Should Know About Underage Nicotine Use



Nicotine Products

In 2024, 5.9% of U.S. middle and high school students currently used vapes and 1.8% used nicotine pouches.



Nicotine is **highly addictive** and can harm the parts of your brain that control attention, learning, mood, and impulse control. Impeding your ability to learn and worsening mental health and academic performance.



Many vapes have enough nicotine to equal that of 500 traditional cigarettes, meaning that people (and especially adolescents) can become addicted much faster.

Pack of cigarettes
20mg



Elf Bar
50mg



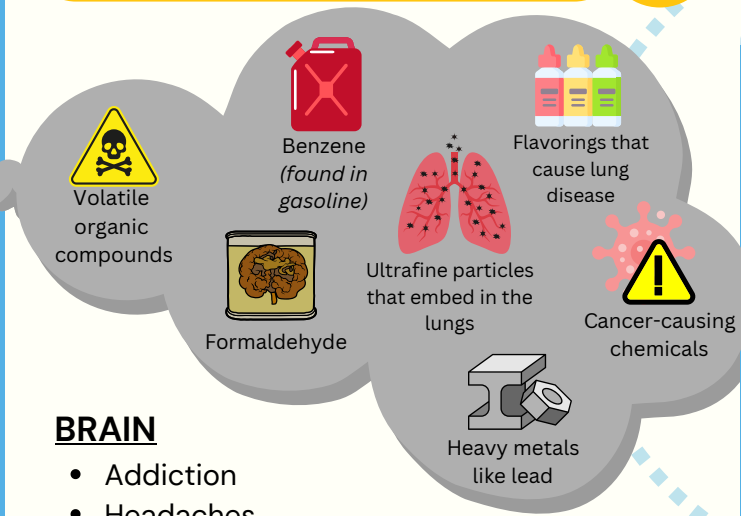
50
CIGARETTES
OR
1 cig per puff

Zyn Pouches
1.5mg- 15mg



15 cigs per
pouch

The Dangers of Vaping



BRAIN

- Addiction
- Headaches
- Anxiety
- Depression
- Stress
- Seizures
- Mood Irregularity
- Shorter Attention Span
- Sleep Disturbances

HEART

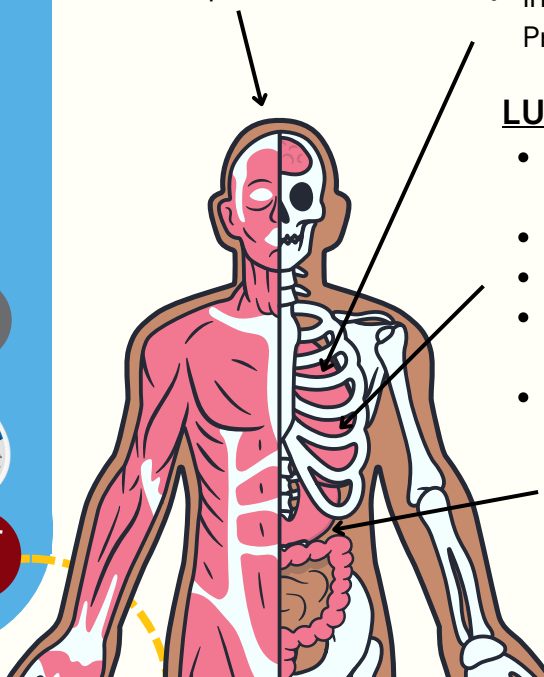
- Racing or Irregular Heart Rate
- Chest Pain
- Increased Risk of Heart Attack, Stroke, Disease
- Increased Blood Pressure

LUNGS

- Rapid, Shallow Breathing
- Coughing
- Wheezing
- Increased Risk of Lung Disease
- Lung Damage

STOMACH

- Nausea
- Vomiting
- Abdominal Pain



Vapes vs. Your Future

Nicotine is incredibly dangerous for your developing brain and can lead to lasting effects on your mental health, happiness, and future goals.



It can lead to:

- a harder time in school and lower grades due to difficulties concentrating
- a harder time handling stress and other difficult emotions
- deeper, more intense feelings of anxiety and depression
- a higher likelihood of getting addicted to other more harmful substances



The chemicals and fine metal particles are incredibly dangerous for your developing lungs and heart.

They can lead to:

- a harder time running, playing
- an inability to do sports
- a higher chance of developing lifelong heart or lung disease
- a harder time carrying out normal daily activities like walking

