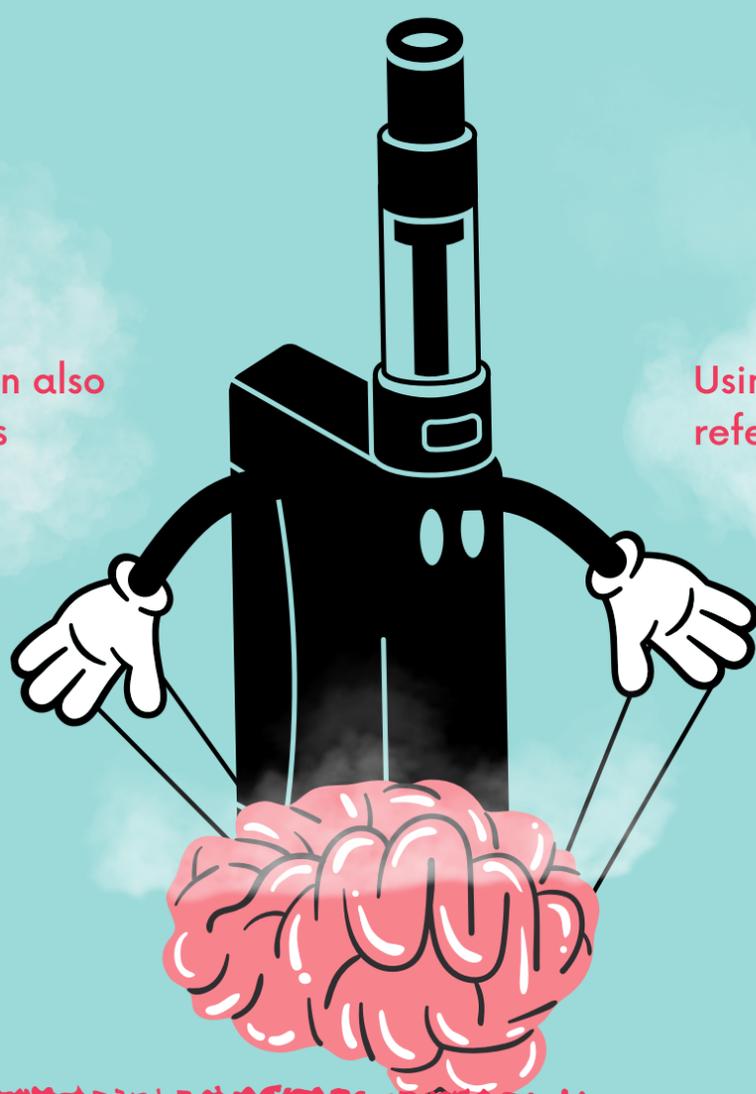


Nicotine can control your brain

How much do you know about vapes? Test your knowledge below!

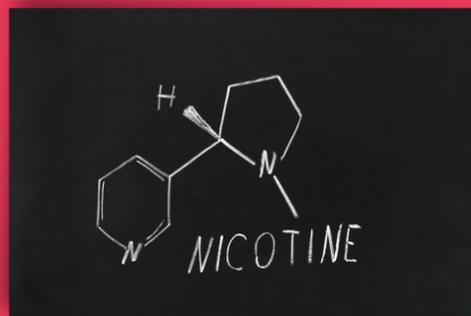
E-cigarettes can also be called vapes



Using vapes can be referred to as vaping

True or false?

Nicotine is found in 99% of e-cigarettes in the U.S



Nicotine can harm a teen's developing brain. The brain keeps developing until about the age of:

- A. 21
- B. 25
- C. 19



Nicotine use can lead to _____:

- A. decreased stress
- B. improvements in memory
- C. addiction



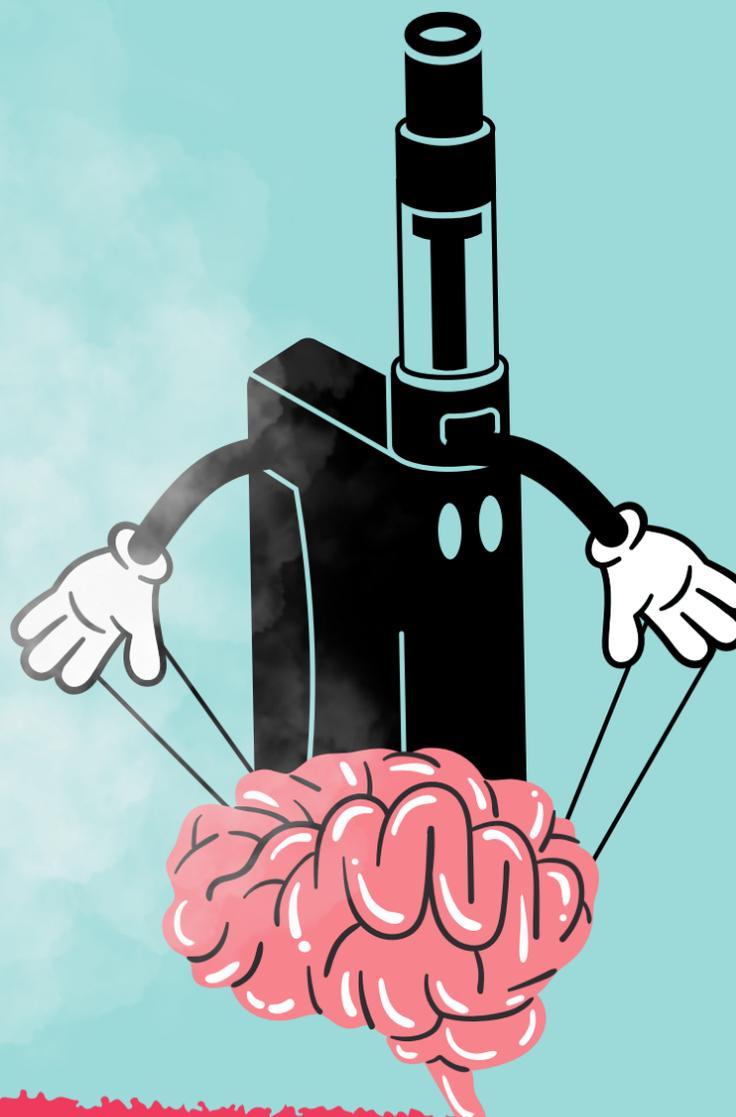
True or false?

Teens may vape to cope with stress.



Check your answers on the next page!

The truth about nicotine



It is true, 99% of vapes in the U.S. contain nicotine

A study by the Centers for Disease Control and Prevention (CDC) found that most vapes have nicotine in them. Of the venues included in the study, 99% of them sold vapes that contained nicotine. This included the companies that market their vapes as being “nicotine-free”! (CDC, 2022)

The answer is B, age 25 is when most brains fully develop

Most brains are considered fully developed by age 25, which is why using nicotine in adolescence can be harmful. The CDC states that nicotine use by youth can affect parts of the brain that control mood, learning, attention, and impulse control. (CDC, 2022)

The answer is B, nicotine use can lead to addiction

Nicotine is the addictive chemical found in both traditional cigarettes and e-cigarettes (vapes). Middle and high school students may try vaping out of curiosity or stress, but experimenting can lead to addiction. Once this nicotine dependence starts and a person tries to stop using, the person may experience nicotine withdrawal symptoms (such as irritability, nicotine cravings, & trouble sleeping). (CDC, 2022)

That is true, many teens start vaping to cope with stress

Teens who start using nicotine often continue as a perceived way to escape stress, anxiousness, or depression. The reality is that nicotine addiction does not relieve stress, and it can actually be a source of stress. (CDC, 2022)

Don't let nicotine control your brain.

To learn more about the effects vaping can have on teens, visit [cdc.gov](https://www.cdc.gov)