

Name \_\_\_\_\_

## Nicotine's Sneaky Impact: How it Affects the Developing Brains of Adolescents

### Short Answer Key

1. Nicotine exposure during adolescence can disrupt brain development by altering neural connections and affecting brain structure and function. This disruption can lead to lasting changes in the brain's development.
2. Nicotine use can alter the reward system in the brain by making it more responsive to nicotine and less responsive to natural rewards, potentially leading to nicotine dependence and decreased interest in healthy activities.
3. Nicotine use during adolescence is associated with an increased risk of experimenting with other substances, such as drugs or alcohol. The lower inhibitions caused by nicotine can make teenagers more willing to try other substances, potentially leading to substance abuse.
4. Prevention and education are essential because they empower teenagers to make informed choices about their health and resist the pressure to start using nicotine. Understanding the risks and consequences of nicotine use can help teenagers avoid the harmful effects.
5. Strategies for resisting the pressure to start using nicotine may include seeking support from friends and family, developing strong coping skills to deal with stress and peer pressure, and staying informed about the risks of nicotine use.

