

Name _____

The Vaping Wave: Understanding the Rise and Consequences Among Young People

Open-Ended Response Answer Key

1. Nicotine is present in many vaping products and can lead to addiction, causing cravings and withdrawal symptoms. Young people who vape may become addicted to nicotine, which can harm brain development, increase the risk of using other tobacco products, and have long-term health consequences.
2. The potential health risks associated with vaping include exposure to harmful chemicals in e-liquids, impaired lung function, cardiovascular issues, and the risk of developing addiction. Immediate effects may include respiratory problems, while long-term effects are still being studied but may include increased risk of respiratory illnesses and other health issues.
3. The effectiveness of regulations and policies in deterring youth vaping can vary. While some measures, such as flavor bans and age restrictions, may deter young people from vaping, the constantly evolving vaping market presents challenges. Public awareness campaigns and ongoing research are essential to adapt policies and protect youth health.
4. As a school counselor, I would educate students about the risks of vaping through age-appropriate presentations, discussions, and resources. I would engage with parents to raise awareness and provide guidance on addressing vaping at home. Additionally, I would collaborate with healthcare professionals to offer cessation support for students struggling with vaping addiction. Creating a supportive and informed school environment would be essential in preventing vaping among students.

