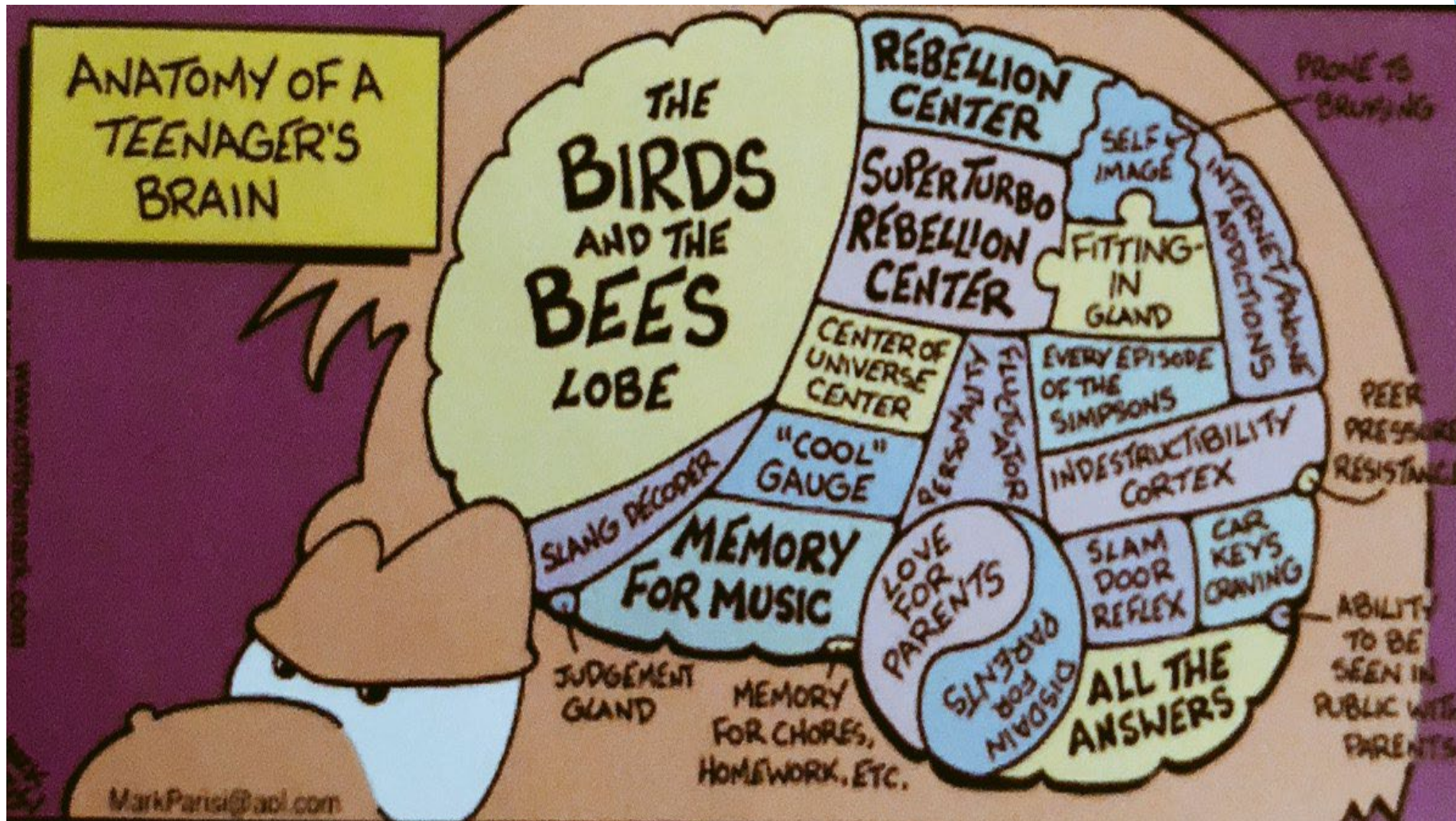


The Adolescent Brain, Vaping, and Social Media

Anthony J. Harrison, LMSW

Reset Room Supervisor

Adolescence is a confusing time...



What I can control and what I can't

Data source: @mindfulenough | Infographic design by @agrassoblog for educational and motivational purposes

A Necessary Shift in Mindset...



Kids are at a huge disadvantage nowadays...



The Source of Most Adolescent Conflicts



The Reality of Social Media

How Social Media Works

Me:

I prefer mangoes to oranges.

Random Person:

So basically what you're saying is you hate oranges? You also failed to mention pineapples, bananas, and grapefruits. Educate yourself. I'm literally shaking.

A New Epidemic

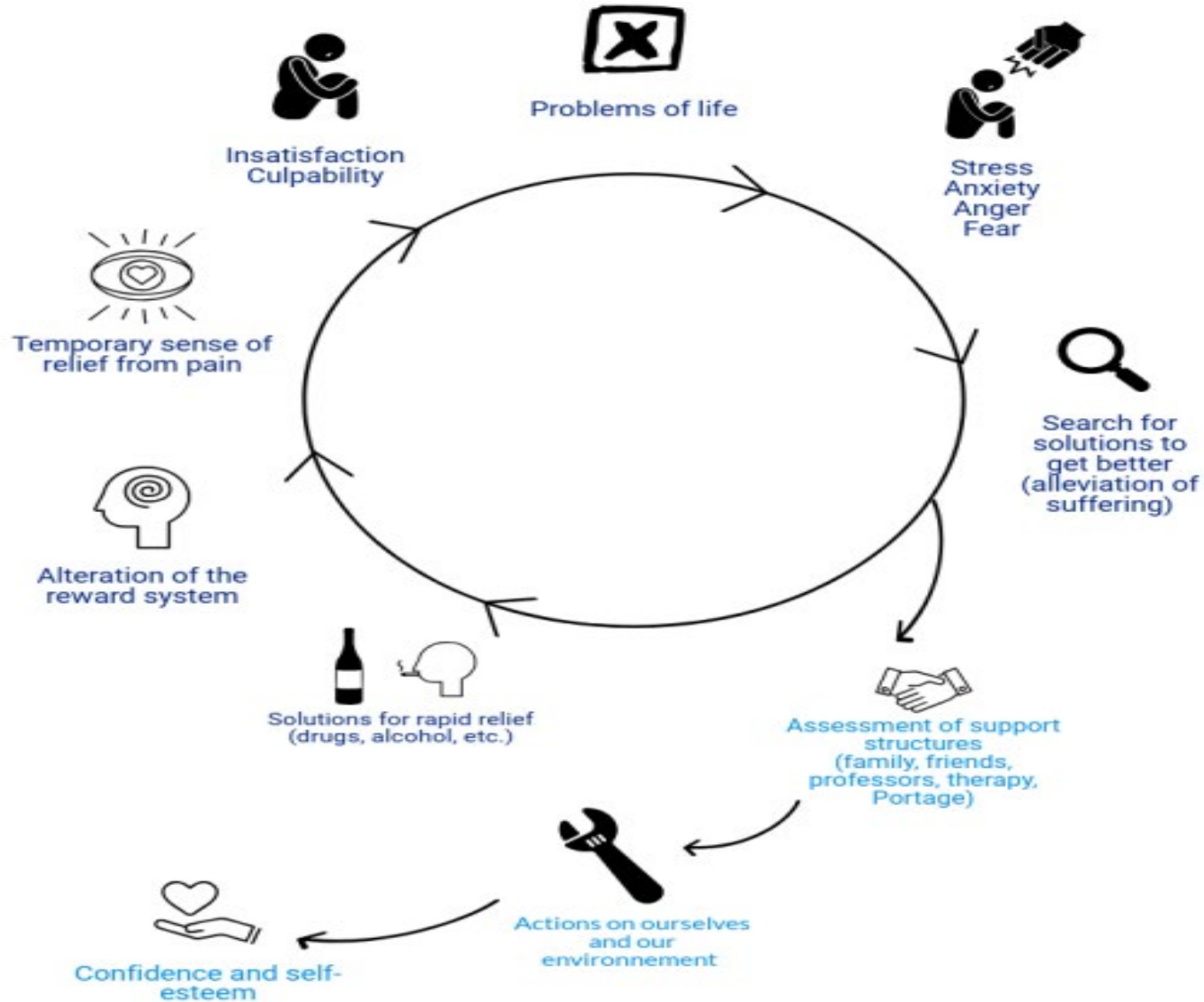


An Easy Transition to THC



The Addiction

CYCLE



VAPING NICOTINE + MENTAL HEALTH

Nicotine has not been found to directly cause mental health conditions, but numerous studies reveal troubling links between **vaping nicotine** and worsening symptoms of **depression and anxiety**.

Nicotine can amplify **anxiety symptoms**^{1,4} and feelings of **depression**.²



81% of 15-24 year olds surveyed who had used **e-cigarettes** said they started vaping to decrease stress, anxiety, or depression.³



Irritability, anxiety and depression are some of the symptoms of nicotine withdrawal. **Vaping** nicotine relieves these symptoms, **but only temporarily**.

Quitting nicotine can lead to reduced **stress, anxiety, and depression** in the long term.³

90% of those who quit **vaping** said they felt less stressed, anxious, or depressed.³



¹ Kutlu MG, Gould TJ. Nicotine modulation of fear memories and anxiety: Implications for learning and anxiety disorders. *Biochemical Published Online First*: 2015/08/02]

² Lechner WV, Janssen T, Kahler CW, et al. Bi-directional associations of electronic and combustible cigarette use onset patterns with depressive symptoms in adolescents. *Preventive Medicine* 2017;96:73-78.

³ Truth Initiative Mental Health x Vaping Headline Survey Internal Data - August 2021.

⁴ Benowitz NL. Nicotine addiction. *N Engl J Med*. 2010;362(24):2295-2303.

Contact Me!

- ▶ Anthony Harrison, LMSW
- ▶ Reset Room Supervisor
- ▶ Email: harrisa@wy.k12.mi.us
- ▶ Phone: 734-759-5379