

## What Are the Health Risks of Vaping for Youth?

**AUDIO:** Music without lyrics playing through the end of the video.

**VISUALS:** Three background images slide in of students working, reading, and conversing. Empower Vape-Free Youth trademark appears. Joint logos of the US Department of Health and Human Services and the Centers for Disease Control and Prevention appear in lower right corner. Title text graphics appear in a box with flashing danger icon.

**TITLE GRAPHICS:** What are the health risks of vaping for youth?

**VISUALS:** A rotating image of a brain with creases illuminated in red appears in a circle. Title box appears with yellow lines connecting to the brain image.

**TEXT GRAPHICS APPEAR:** Most vapes contain nicotine.

**VISUALS:** The brain continues to rotate. A second text box appears.

**TEXT GRAPHICS APPEAR:** Nicotine can harm brain development in young people.

**VISUALS:** A student sits at a computer looking stressed with a crying emoticon in a yellow thought bubble

**TEXT GRAPHICS APPEAR:** This can impact their learning, memory, attention, mood and impulse control.

**VISUALS:** A new image appears that spins, a bright blue brain visible inside a skull. Text boxes appear with yellow lines connecting to the brain image.

**TEXT GRAPHICS APPEAR:** Adolescent brains do not develop until about the age of 25. The developing brain is more vulnerable to nicotine addiction than the adult brain. Using nicotine in adolescence may also put youth at risk for addiction to other substances in the future.

**VISUALS:** A new graphic appears with the word LUNGS in the background. A bright green pair of lungs rotate connected to a text box with a yellow line.

**TEXT GRAPHICS APPEAR:** Vape aerosol can contain harmful and potentially harmful substances, such as heavy metals and cancer-causing chemicals.

**VISUALS:** Lightning bolt graphics appear. A student rubs their head in frustration with a crying emoticon in a green thought bubble.

**TEXT GRAPHICS APPEAR:** When a person is addicted to nicotine and stops using it, their body and brain have to get used to not having nicotine.

**VISUALS:** The student stays on screen but shifts over to the left. A second text box appears.

**TEXT GRAPHICS APPEAR:** This can cause temporary symptoms of nicotine withdrawal.

**VISUALS:** A new graphic appears. A framed photo of a student leaning against a locker looking distressed against a background of pencils and frowning faces on notebook paper. A text box appears while lightning effect flashes twice.

**TEXT GRAPHICS APPEAR:** Nicotine withdrawal symptoms include feeling irritable, restless, anxious or depressed; having trouble sleeping or concentrating; and craving nicotine.

VISUALS: Framed video of a student illuminated by a computer screen appears stressed with a background of vapes on notebook paper labelled TEST. A text box appears.

**TEXT GRAPHICS APPEAR:** Students might vape when stressed or anxious, creating a cycle of nicotine addiction.

VISUALS: A thunderbolt flashes and a second text box is added to the screen. The student presses their hand over their face.

**TEXT GRAPHICS APPEAR:** But nicotine addiction can also be a source of stress for young people.

VISUALS: A picture frame appears containing video of two students who drink from water bottles with a thought bubble of a smiling emoticon. A text box appears.

**TEXT GRAPHICS APPEAR:** Empower your students with positive coping skills like being physically active, eating a healthy diet, drinking enough water, and getting enough sleep.

VISUALS: A framed video appears of students posing, smiling around their teacher. A text box appears.

**TEXT GRAPHICS APPEAR:** Talk to your students today about the risks of vaping.

VISUALS: A new graphic appears, a horizontal split blue and gray background with the word EMPOWER in the background, with joint logos of the US Department of Health and Human Services and the Centers for Disease Control and Prevention.

**TEXT GRAPHICS APPEAR:** Empower students to live a life free of vaping. Learn more by visiting [CDC.gov/vaping](https://www.cdc.gov/vaping)

VISUALS: Music and Video fade out.