

From "Pippa Whiteley" <whiteleypippa@gmail.com>

To "jbelmonte@doverma.gov" <jbelmonte@doverma.gov>; kpeterson@doverma.gov; "shilts@doverma.gov" <shilts@doverma.gov>; "iat261@students.needham.k12.ma.us" <iat261@students.needham.k12.ma.us>

Date 2025-04-07 12:00:00+00:00

Subject Nicotine-Free Generation

Dear Dover Board of Health,

I am writing to you about an issue that is prevalent within my community and has had a widespread negative impact on my peers, yet can be battled and prevented in the future by passing the Nicotine-Free Generation policy.

One of my closest friends, who I've known for years, recently started vaping. I've seen firsthand how quickly it has taken over her life, just because she thought it was cool. What started as a casual habit has quickly devolved into an addiction, one she's been unable to quit despite trying multiple times. What's scary is that though she's tried to quit, she doesn't fully understand the weight of her decisions and doesn't understand how addicted she is. She doesn't see how it's impacting her mentally or the friends around her.

The problem doesn't lie in my friend; it's the fact that this story is so common within my generation. I've heard all sorts of stories about nicotine use and abuse, starting all the way in middle school. You become sort of numb to them after a while. I didn't fully understand the extent that nicotine addiction impacts someone till it affected my close friend.

She is why I've decided to write this letter. I don't want anyone else to go through what she is, or anyone else to have to watch their friend go through it either. Something needs to change more than the current anti-nicotine policies, and passing Nicotine Free Generation is a good place to start. Don't let my friend's story be as common as it is, and take action.

Sincerely

Pippa Whiteley