

NICOTINE FREE GENERATION

Young People Testify

As an “athlete, I’ve seen many of my teammates, become addicted and lose their spots on the team and give up on their long-term dreams due to bad health... it’s very hard to avoid once you start.”

– Anonymous high school Junior

“I am a rising junior ... and wanted to share my experience with nicotine addiction. [In] this generation smoking is seen as ‘cool’ and given how easy it [is] to get your hands on nicotine products such as vapes... you are bound to get addicted if you don’t know the side effects. I think speaking [up] about adolescent addiction is super important as this generation is our future. [I’ve] seen many friends get addicted and not [be] able to stop but ultimately what led me to stop smoking entirely was noticing my lungs worsen. I do [high school sports] and [I’ve] experienced a decline in my performance due to this addiction.”

– Anonymous high school Junior

“My friend often took Zyn at work because of that he got fired not only because he affected the customers, but also negatively impacted his own life and wellbeing.”

– James Armand, high school Junior

“My friend started using vapes to cope with stress, but it soon became a daily habit. This reliance on vaping not only strained her health but also caused friction in our relationship and her relationship with her parents.”

– Anonymous high school Junior

“One of my close friends has started to vape and it’s making her a different person that I don’t want to be friends with anymore.”

– Anonymous middle school 8th grader

“My boss at work does Zyns, along with some other employees. There is a bag filled with Zyn containers in our break room. My boss’s wife, who comes to visit at work sometimes doesn’t know that my boss still does Zyns. She found a container at their house a year or two ago and supposedly poured out the Zyns and filled it with water because she was unhappy her husband did them. So now, he only does them at work, keeping a secret from his wife. everyone at work knows that he does them and that his wife doesn’t know, so when she comes we have to hide the bag that has the Zyns. Seeing these interactions from an outside perspective makes their relationship seem unhealthy because my boss is keeping secrets from his wife, and everyone at work helps him hide them. Zyns in this example are negatively affecting this relationship, which goes to show how they don’t only cause health problems but other problems in one’s life as well.”

– Anonymous high school Junior

“I have had student-athletes who were addicted to nicotine vapes to the point where they were unable to practice or play without using one. This became pervasive one year and ended up causing our athletes issues both in how they performed late in games and how they interacted with one another. When we discussed this issue, several of the players have suggested that they felt unable to overcome this addiction on their own.”

– Douglas Kopsco, High School Football Coach and English Teacher