

Understanding the Mental Health Effects of Youth Vaping

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

GRAPHICS ON SCREEN: Joint logos of the US Department of Health and Human Services and the Centers for Disease Control and Prevention are in lower corner of screen. Empower Vape-Free Youth trademark appears. Background images are static with images of pencils, paper, paper clips and hand drawn images of brains on pieces of paper. The title text appears in a box and flashes. There is a brain icon is on lower right corner of title text box.

TEXT ON SCREEN: Understanding the mental health effects of youth vaping.

VISUALS: A text box appears on the right. On the left, there is an image of a male student appearing frustrated with his hands on his head. There is a graduation cap icon and an icon of three people with the arms around each other, the icons are connected by a dotted line and are superimposed over the student's head, implying stress. Text boxes appear and the image zooms in slightly.

TEXT ON SCREEN: Mental health challenges are a growing problem among youth.

TEXT ON SCREEN: With school, friends, and everything else, students have a lot on their plates. Nicotine addiction shouldn't be added to it.

VISUALS: A new image appears of a concerned female educator speaking with an adolescent girl that appears to be frustrated. Two text boxes appear.

TEXT ON SCREEN: Youth might turn to vaping to try to deal with stress or anxiety.

TEXT ON SCREEN: The most common reason students give for continuing to vape is "I am feeling anxious, stressed, or depressed."

VISUALS: A image appears of an e-cigarette on a plain background with a line to an animated chemical symbol for Nicotine. Two text boxes appear.

TEXT ON SCREEN: Almost all e-cigarettes (vapes) sold contain nicotine.

TEXT ON SCREEN: Nicotine is a highly addictive substance, and nicotine addiction can be a source of stress.

VISUALS: A video appears of a student who appears to be showing withdrawal symptoms. Two text boxes appear.

TEXT ON SCREEN: When a person who is addicted to nicotine stops using it, the body and brain have to get used to not having nicotine.

TEXT ON SCREEN: This can cause temporary withdrawal symptoms.

VISUALS: Three different images appear of students who are anxious and/or irritable. Two text boxes appear.

TEXT ON SCREEN: Nicotine withdrawal symptoms can include irritability, feeling anxious or depressed, and problems concentrating.

TEXT ON SCREEN: Youth may vape to relieve these symptoms, creating a cycle of nicotine addiction.

VISUALS: The screen looks like a desk with papers, rulers, e-cigarettes, and pencils. The desk includes a video of a teen girl raising to symbolize stop. The girl shakes her head no. A dotted line animates from the girl to text on screen.

TEXT ON SCREEN: Most students who vape want to quit.

VISUALS: A text box appears.

TEXT ON SCREEN: Quitting smoking is associated with improved mood and decreased stress. Scientists are still learning about the effects of quitting vaping on mental health.

VISUALS: A collage of circles with a strike through prohibition slash over an e-cigarette image appears. Two text boxes appear.

TEXT ON SCREEN: Youth who are trying to quit vaping need support.

TEXT ON SCREEN: Students who are struggling with stress and anxiety may need even more support to quit.

VISUALS: An image of an educator consoling a female youth inside of a classroom appears over a piece of notebook paper. Text boxes appear with bullet points.

TEXT ON SCREEN: As an educator, you can help your students quit vaping by:

- Giving them encouragement
- Helping them understand nicotine addiction and withdrawal
- Encouraging them to talk to their doctor
- Helping them connect to resources that can help them quit

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.