

I remember one summer day several years ago when I sat down in a café with a book to escape the heat. I found a seat by the window overlooking the busy street, prime people-watching territory. While I intended on conquering a couple of chapters in my novel, I found myself peering around, eavesdropping on conversations, and focusing on a group of what appeared to be teenagers hanging outside the café's front door. They were huddled around one taller kid, maybe 15 years old, passing around something that resembled a flash drive. I was quite intrigued by this interaction, and after a few minutes, I noticed the smoke coming out of this black rectangle, which certainly was not a flash drive; it was an e-cigarette. From that point on, it seemed everywhere I turned, I saw teenagers "vaping," inhaling from this small, handheld device and leaving a trail of sometimes fruity-smelling smoke behind.

Vaping is the act of smoking an electronic cigarette (e-cigarette) and inhaling and exhaling the aerosol made up of ultrafine particles, not harmless water vapor as some people might believe, which even though may not be toxic, it's still bad because it's not oxygen. E-cigarettes don't produce traditional tobacco smoke, but rather aerosol, aerosol, which people often incorrectly call-referred to as vapor. This "vapor" consists of fine particles. Students all over the tri-state area have become hooked to-on vaping, which is putting millions of children at risk of physical, behavioral, and emotional damages. It is aIn this toxic relationship, in which children become-are persuaded to damage their bodies in return for an insignificant "buzz" and popularity.

Students may think vaping makes them cool, but for what? The sacrifice of their own health? The New York Times article, "The Price of Cool: A Teenager, Juul, and Nicotine Addiction," by the New York Times states, chronicles one teenager's journey with vaping and states, "over the next two years, [the toxic relationship with an e-cigarette] would develop into a

Commented [I1]: How many times did you use this word in your essay? Use of synonyms?

Commented [JA2]: This is factually incorrect. Vapor and aerosol are not the same.

painful nicotine addiction that drained his savings, left him feeling winded when ~~you he~~ played hockey and tennis, put him at ~~snapshot snappish odds~~ with friends who always wanted to mooch off his Juul and culminated in a shouting, tearful confrontation with his parents.” This ~~story is merely a glimpse into teenagers’ abuse of the revolutionary smoking device, revealing~~ the consequences of vaping ~~and the danger of “love at first puff.” Several studies demonstrate~~ There ~~are some studies that show~~ that one chemical, ~~called~~ diacetylmorphine, ~~w~~hich is used in vapes to ~~give provide~~ a butter-like consistency, is causing diseases in the ~~lungs’ small airways~~ small airways of the lung, thickening ~~the~~ air sacs, and ~~causing~~ inflammation. ~~This~~ The effect of this ~~toxin, and the many other chemical additives in e-cigarettes, is is~~ why ~~this the~~ teenager in the article ~~is feeling experienced~~ shortness of breath when playing sports, ~~something no teenager in good physical condition should suffer.~~

~~Simply put,~~ it takes away your youth, ~~robbing teenagers of an ordinary and thriving time of their lives.~~ This ~~epidemic of addiction also puts leads one down the long road you~~ into debt. ~~You become addicted to it~~ The addiction to vaping is so powerful, a deep dive into a toxic ~~life, and then you cannot live without it, which is a toxic way to live life.~~

There are many cognitive risks associated with vaping. ~~Vaping~~ For one, it can slow ~~your one’s~~ learning ability and potential in education. ~~The One~~ article states, “~~n~~Nicotine ~~m~~ay disrupt the formation of circuits in the brain that control attention and learning.” Vaping ~~and the long-lasting effects of the addictive chemicals can harm adolescent brain development and destroy your one’s chances of getting a good education due to the chemicals being so addictive.~~

~~It is hard to kick the habit of v~~Vaping ~~is also hard to stop.~~ It can become the only thing ~~you one cares about and~~are about take over one’s mind no different from a teenage Hollywood ~~crush. In fact, t~~in the article, ~~it~~ states, “~~v~~Vaping continues to make your life difficult even after

you decide to quit due to your body craving the chemicals because it has most likely become a daily life activity.”

Vaping can ~~cause-lead to~~ problems ~~at home, especially~~ with ~~your-one's~~ parents. In the article, ~~it-the teenager~~ states, “I couldn’t justify the addiction anymore. And I realized my parents were my allies. But I wanted to stop, and they wanted me to stop.” ~~As-the~~When you are a parent of a child who ~~is~~ ~~digging himself-themselves~~ down into this hole of addiction, ~~it is hard not-you cannot help but to~~ get upset or angry ~~due to-watching-at the fact~~ your child ~~is~~ ~~throwing~~ their own life away. ~~At the same time, the act of vaping~~ ~~It~~ is disrespectful to the parents ~~in-a-way-because-as~~ the ~~vaping~~ addiction ~~could-be-totally~~ ~~is quite possibly~~ -against what ~~your~~ parents have been ~~saying-instilling in their to-your~~ children their entire ~~lives~~ ~~life-in-order-for-them~~ to be successful. This can feel like ~~deception and a failure~~ ~~because-as~~ parents try so hard to protect their kids, ~~but their~~ ~~However, the~~ children are ~~actually~~ the ones who make the final decision because it ~~is's~~ their life. ~~However,-Such arguments over the addiction can be traumatic and life-changing for both parent and child.~~ ~~the arguments between parent and child can be traumatizing and life-altering.~~

The rise in the popularity of vaping has been dramatic, especially ~~with-amongst~~ teenagers. Vaping can cause detrimental life changes to an individual, such as ~~losing-loss-of~~ money, addiction, struggles with health, and parent difficulty. ~~While v~~Vaping might seem like some popular new wave ~~or something “the cool kids are doing.”; but~~ in reality, ~~it's~~ it’s a poison that ~~you're-letting-get~~ ~~invades inside of your~~ mind and body. ~~and-It~~ can lead you down a rabbit hole of ~~mess-up~~ ~~destroying~~ your entire life, ~~and-leav~~ ~~ing~~ you ~~with~~ nothing but pain, sorrow, and agony.