

Teens Take To Vaping

Article

WASHINGTON, D.C. (Achieve3000, September 24, 2018). Everyone knows that smoking is harmful. Now, medical experts are starting to learn about the health effects of vaping. Vaping has spread among high school students. And health and school officials are taking action.

Vaping has been compared to smoking. There are similarities between the two habits. Vaping uses a device that heats liquid into an inhalable vapor. The liquid, which is often sold in sweet flavors like mango, contains no tobacco. But it often contains nicotine, the same addictive drug found in cigarettes. E-cigarettes and other vaping devices are marketed to smokers as a safer alternative to cigarettes.

Vape manufacturers say that vaping is a relatively safe habit. But medical experts are still trying to understand its known and potential risks. Because vaping is relatively new, long-term research has not yet been conducted. But initial research has found that vaping may have harmful effects on the heart, blood vessels, brain, and immune system. One study found that the nicotine from both cigarette smoke and e-cigarette vapors caused problems in the arteries of mice. Other studies have found cancer-causing chemicals in the vapor.

Because of such findings, school officials are concerned about vaping among teens. Smaller vaping devices may be part of the problem. Students can hide them from teachers.

"We've seen significant increases [in the rate of vaping] across the student body," said Robert Keuther, principal at Marshfield High School in Massachusetts. "This is not something specific to one group of kids. It's across all of my grades, 9 to 12. It's all students."

Vaping is difficult for school officials to detect. It often leaves behind only a quick puff of vapor and a light, fruity scent. Students get away with it in bathrooms, halls, and even classrooms, where some say they exhale the vapor into their shirts.

High school students shouldn't even be able to get vaping devices. Selling them to anyone under age 18 is against the law. Some states have even bumped the age for buying them to 21. But students say they can buy them online or from older friends.

It doesn't help that, according to critics, some vaping devices and liquids are being marketed to teenagers and even younger kids. One example is the JUUL. It uses a flavored vapor containing higher levels of nicotine than tobacco cigarettes. JUUL Labs, Inc., which makes the device, says it's intended only for adults who are trying to quit smoking. JUUL says its website aims to block underage customers. It also says it supports laws to make vaping products available only to those 21 or older nationwide. And it is putting millions of dollars into research and education to prevent youth vaping. But critics say the JUUL's sweet flavors and small, easily concealed vaping device seem to be aimed at kids.



Credit for photo and all related images:
HAZEMMKAMAL/iStock/Getty Images Plus

A collection of vaping devices is shown.

JUUL isn't the only vape company that has seemed to target people under age 18. In May 2018, the Food and Drug Administration (FDA) sent letters to more than a dozen companies that had packaged their vaping liquids to resemble children's products. Some looked like juice boxes. In response, the companies removed these products from the market in August.

But vape companies have found other ways to make their products visible to young people. A growing number of e-cigarette and vape sellers started offering college scholarships. The companies ask scholarship candidates to write essays about potential benefits of vaping as an alternative to smoking. The tactic landed vaping brands on the sites of some of the nation's best-known universities. They're listed among scholarship opportunities. High school students see these.

Many schools are pushing back against vaping. Health and gym classes feature new lessons on risks. Teachers are being trained on how to spot someone vaping. Schools are also producing online videos about the dangers of e-cigarettes. And at some schools, vaping leads to an automatic suspension.

Some students say that it's better to be vaping than using cigarettes or other drugs. Cameron Uldricks says he vapes almost every day. But he has never smoked tobacco. And even though it got him suspended from his high school near Columbus, Ohio, the 17-year-old said he has no plans to cut back or quit.

"What would they rather have me do, smoke cigarettes or vape?" said Uldricks.

But school officials and medical experts are urging kids to do neither.

Plainedge High School in Massapequa, New York, was among the first schools to install bathroom sensors that can detect vapor and alert administrators. Few students were caught initially. But officials say that isn't a sign of failure. A sensor may just keep kids from vaping in the first place, says Edward Salina, superintendent of Plainedge Public Schools.

"The truth of the matter is the kids see [the sensor], they know what it is—and it in itself is a deterrent," said Salina.

But kids may soon be facing more deterrents. In September 2018, FDA official Scott Gottlieb gave JUUL and four other vape manufacturers 60 days to make plans to stop underage use of their products. If they didn't, the companies could have their devices pulled from the market.

"The disturbing and [increasing rate] of use we're seeing in youth...must end," he said.

The Associated Press contributed to this story.

Dictionary

artery (noun) a blood vessel with strong walls that carries blood away from the heart

deterrent (noun) something that discourages someone from doing something

inhalable (adjective) able to be breathed into the body through the nose or mouth

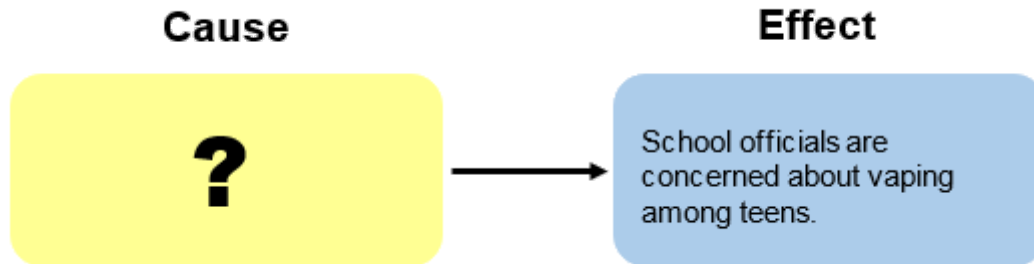
significant (adjective) of great size, value, or amount

tactic (noun) a plan or strategy

Activity

PART 1

Question 1



Based on the Article, which best replaces the question mark in the diagram above?

- (A) Initial research has shown that today's high school students are more likely to vape in school than in other places.
- (B) Initial research has shown that many high school students are unaware that smoking is harmful and causes cancer.
- (C) Initial research has found that vaping may have harmful effects on the heart, blood vessels, brain, and immune system.
- (D) Initial research has found that vaping is a relatively safe habit, but many teens still hide that they are vaping.

Question 2

The Article talks mainly about _____.

- (A) Why long-term research into the harmful effects of vaping has not yet been conducted
- (B) How vape companies determine which students will receive some college scholarships
- (C) Why so many high school students are able to get vaping devices in spite of their age
- (D) How initial research into vaping is influencing concerns about teens' vaping habits

Question 3

Which is the closest **synonym** for the word **tactic**, as it is used in the Article?

- (A) Nuisance
- (B) Approach
- (C) Debate
- (D) Research

Question 4

The author probably wrote this Article in order to _____.

- (A) Persuade the reader that vaping is an acceptable alternative to smoking
- (B) Describe a disagreement between school officials and medical experts
- (C) Update the reader about actions being taken in response to an unhealthy habit among teens
- (D) Suggest that school officials should be recognized for their role in educating today's youth

Question 5

Based on the Article, the reader can tell that _____.

- (A) School officials are relieved that companies like JUUL are providing an alternative to smoking for high school students.
- (B) School officials plan to conduct their own research about the effects of nicotine vapors on the heart, blood vessels, brain, and immune system.
- (C) School officials sometimes feel a responsibility to address health issues as well as academics with their students.
- (D) School officials are encouraging high school students to use larger vaping devices so that teachers can more easily spot students who vape.

Question 6

The Article states:

The liquid, which is often sold in sweet flavors like mango, contains no tobacco. But it often contains nicotine, the same addictive drug found in cigarettes. E-cigarettes and other vaping devices are marketed to smokers as a safer alternative to cigarettes.

Which would be the closest **synonym** for the word alternative, as it is used above?

- (A) Substitute
- (B) Conquest
- (C) Treatment
- (D) Response

Question 7

Which passage from the Article best supports the idea that initial research findings on the effects of vaping are cause for concern?

- (A) Some students say that it's better to be vaping than using cigarettes or other drugs. Cameron Uldricks says he vapes almost every day. But he has never smoked tobacco.
- (B) JUUL Labs, Inc., which makes the device, says it's intended only for adults who are trying to quit smoking. JUUL says its website aims to block underage customers.
- (C) One study found that the nicotine from both cigarette smoke and e-cigarette vapors caused problems in the arteries of mice. Other studies have found cancer-causing chemicals in the vapor.
- (D) A growing number of e-cigarette and vape sellers started offering college scholarships. The companies ask scholarship candidates to write essays about potential benefits of vaping as an alternative to smoking.

Question 8

Based on the Article, which is most likely to happen?

- Ⓐ School administrators across the U.S. will ask Cameron Uldricks to visit their schools and share his views about vaping with other students.
- Ⓑ Vape manufacturers will insist on stopping the production of vapes until long-term research findings about health risks become available.
- Ⓒ Growing concern about the risks of vaping will prompt universities to reconsider publicizing scholarship opportunities from vape sellers.
- Ⓓ Growing concern about the risks of vaping will prompt school officials to recommend that students smoke cigarettes instead.