



# Harmful Results of Vaping

By Madisyn Richards

**D**rugs and alcohol have become a growing problem in the United States, and there almost seems to be no end in sight. Being a high school student, I have personal testament to the acts that go on inside and outside of the school day. Many times I have gone to the parking lots, the bathroom, or any other secluded area and have found students most commonly vaping and Juuling. Always in these situations, I simply extract myself from the situation because of the difficulty it is to handle the many students that are involved in those types of drug situations. Often, the vaping and Juuling is not just for the nicotine drug in the devices, students usually buy pods with marijuana in those vaping products. In the world we live in, it has almost become a norm for the youth to have some sort of drug in their system. I believe that there are ways to subtract yourself from the situation, as well as ways to reach out to those you care about and give them the support that they need to resolve their bad habit.

In my situations, I typically just removed myself from the situation and often spoke to my trusted school counselor about what happened and

why I was concerned for not only myself but those that were on the drugs themselves. The best way to handle a situation like mine, especially in high school, is to not create confrontation and conflict. It can never be determined for sure if violence could stem from a seed of confrontation, and violence could be escalated worse by the influence of drugs in the body. The best option is to just remove yourself from the equation and tell a trusted adult whether that be a teacher, principal, counselor, or parent you need to tell someone about any form of substance abuse.

With the recent sicknesses coming from most popularly Juuls, I have learned to stay away from these substances and those who are involved with them. Any form of drug or alcohol is not meant to be in your body and it is not good for your body and nutrition. I have personally seen fellow peers of mine end up in the hospital because of their drug habits at such a young age. I do not want to be in my twenties and needing oxygen or constant medical visits for the sickness I introduced to my body as a young adult. That is why I stay away from these substances and others

should as well. Looking around at the youth and their struggle with the results of vaping and Juuling nicotine and marijuana, I am sure that I will never touch any of these harmful substances.

I believe that I handle these situations well compared to how I could have. When I am put into uncomfortable situations that my peers are around me doing drugs through vaping methods, I leave without confrontation. As stated, the best part of how I have handled these situations is to report it to an adult that had knowledge of how to properly handle those types of incidences.

In conclusion, I believe that the rise of substance abuse, specifically vaping and Juuling nicotine and marijuana products, are a rising problem in the United States. It is a problem that is going to take work to fix but will be beneficial for the health and safety of the next generation. I have been one of the students that is put into an environment that made me uncomfortable due to the drug abuse in high schools. Spreading awareness about the situation and how to handle it can save many students from potential illnesses that result from these types of substance abuse. Exiting those environments should be the first step, and reporting the incident should be the second, not becoming involved is third. Reaching out and creating a support system for students with this addiction will not only create a better world for yourself but for those other students around you and their future in this world. This is why it is so important to stay away from substances, and reach out to those who need help. 🚫

## ALERT SCHOLARSHIP

Madisyn Richards is a high school senior from South Dakota. *Alert Magazine* congratulates her for winning the Alert Scholarship and we encourage her in the pursuit of her academic goals. We would also like to encourage future seniors to participate in our scholarship program.