



TEENS TALKING TO TEENS



We teens need to hear the truth. We need to make decisions based on the truth. And we need to help shape others' decisions that affect us. That's why we got together - to talk about issues that matter to teens in the Army community. The conversations we've had are influencing conversations throughout the Army.

We will publish a series of Public Service Announcements (PSAs) that address some of the Centers for Disease Control's identified categories of Risk Behaviors that contribute to death, disability and social issues among youth and adults:

1. Behaviors that Contribute to Unintentional Injuries and Violence
2. Sexual Behaviors that Lead to Unwanted Pregnancies or Sexually Transmitted Diseases
3. Alcohol or Drug Use
4. Tobacco Use
5. Unhealthy Dietary Behaviors
6. Inadequate Physical Activity

Among persons aged 15-19 years, there were 209,809 births; 488,700 cases of sexually transmitted diseases; and 1,652 diagnoses of HIV.

Reported by CDC 2016

74%

Of 10-24 yr old deaths in the U.S resulted from four causes:

Motor vehicle crashes	22%
Other unintentional injuries	20%
Suicide	17%
Homicide	15%

Reported by CDC 2016

Army Teen Panel Representatives

Aberdeen Proving Ground.....	Nina J. and Pax S.
Army National Guard.....	Dominic J. and Caraline S.
Army Cadet Command.....	Maggie W. and Conan O.
White Sands Missile Range.....	Darien T.
Fort Rucker.....	Micaiaha W. and Austin B.
Fort Hood.....	Desiree E. and Thomas C.
Joint Base Lewis-McChord.....	Haley W.
Fort Gordon.....	Kori B.
Fort McCoy.....	Maelyn P.
Fort Benning.....	Snowe S.
Fort Jackson.....	Jada S.
Fort Knox.....	Sarada R.

Our Role Is To Speak For And To Army-Connected Youth.

Each PSA we publish will include this cover sheet along with a facts sheet with information and current research on the particular risk behavior. Then you can discuss... and make your own decision – without letting peer pressure or misinformation or thinking I am invincible cloud your judgment. **Today, we talk about vaping and e-cigarettes.**





Every day is a new day – For teens who vaped yesterday and for teens who never vaped, before making the decision “TO BE OR NOT TO BE” a vapor today – we asked you to consider the following research based facts about e-cigarettes:

- In 2018, more than 3.6 million U.S. young people, including 1 in 5 high school students and 1 in 20 middle school students, used e-cigarettes.
- The Centers for Disease Control and Prevention says “the use of e-cigarettes is unsafe for kids, teens, and young adults.”
- Teens who take up vaping are at risk of quickly developing nicotine addiction, seizures and upper respiratory problems.
- As of 29 Oct 2019, the CDC had identified nearly 1,888 lung injuries related to vaping. Thirty-seven deaths had been confirmed in 24 states, and the numbers continued to increase.
- There were 134 reports of e-cigarette batteries overheating, catching fire, or exploding between 2009 and January 2016. At least two Americans have died from exploding e-cigarettes.
- A recent CDC study found that 99% of the e-cigarettes sold in the United States contained nicotine and other harmful substances besides nicotine.
- Nicotine can harm teens’ brain development.

Are e-cigarettes safer than conventional cigarettes? Yes, but “smoking is the leading cause of death in the U.S., killing more Americans than AIDS, alcohol, car accidents, murders, suicides, drugs, and fires combined.” Just because e-cigs are less dangerous than smoking doesn’t mean they’re safe.

In fact, evidence shows teens who would otherwise not smoke but start vaping are four times as likely to go on to smoke conventional cigarettes.

You can make the choice. If you’ve never vaped, stay away. If you are a vaper, make the choice to stop today.

This message is from members of an Army Directorate Teen Panel and is intended for all Army-connected middle and high school students.

For information on support for quitting vaping, please go to:

www.teen.smokefree.gov
800-QUIT-NOW
@smokefreeus

