

Never heard of JUUL before?

By Trinity Hileman
Northwest High School

What is JUUL?

A JUUL is a new type of e-cigarette that contains similar nicotine levels to cigarettes. It has no buttons and resembles a flash drive. JUUL is a brand name. Various other companies also produce similar vaping devices.

How does it work?

After inserting a JUUL pod, the JUUL

then heats up the oils in the pod to create vapor, which quickly dissolves into the air. The user inhales the vapor.

Why is vaping suddenly so popular with teens?

Teens do not compare JUUL to cigarettes, and they typically think the activity is harmless. The fruity flavors also attract teenagers. It is very easy to hide a JUUL from parents and teachers, because the device resembles a computer flash drive.

Information came from the truthinitiative website.



Katelyn Mary Skaggs photo

If you have seen any of these devices, you have seen a vape. Over time, the devices have gotten smaller. Experts say the designs continue to change, so tomorrow's vapes may look completely different.

IN OUR OPINION

Risky business

Vape culture represents danger for today, tomorrow

By Joseph Andrews
Crystal City High School graduate

Vaping continues to rise in popularity and depending on what age bracket you fit in, the appeal seems to be quite different.

For most people 35 and older, vaping is often used as a means to either quit smoking or as a safer alternative to the traditional tobacco cigarette.

However, for those younger than 35, such as myself, vaping is often tried without any prior cigarette use.

This is an interesting phenomenon because most of us in this age bracket have heard about the dangers of nicotine addiction through cigarette smoking ever since we were in elementary school, and while vaping is slightly different, one would assume that the warnings about nicotine addiction would translate over to vaping.

However, for most young users, this

hasn't been the case.

This could be because the direst of the warnings heavily emphasized the danger of tobacco smoke and the lung problems it brings, and emphasized the danger of nicotine addiction to a lesser extent.

This most likely helped open the door for vaping to become the growing cultural trend that it is—a cultural trend that is attracting more younger users every day.

And don't think these younger users are stereotypical delinquents. The kids who vape are about as diverse as the multitude of vapes themselves—male, female, jock, geek, honor roll student or someone who averages C's. The "vaper" label crosses all tribes.

The growing cultural trend toward vaping at a young age is easier to understand when you take the time to examine it a little further.

For example, when you look at an

e-cigarette or a JUUL, you will notice how interesting it looks. Many are colorful and have a sleek metallic design that resembles a flash drive.

They are heavily marketed through social media. This includes popular memes and endorsement by social media personalities. Like the old-school cigarette commercials, social media advertisements often depict these e-cigarettes in modern settings with stylish young models using them. The vape itself looks like a new accessory.

Vaping is becoming a social activity for teens, another boost to making it a cultural trend.

Teens share different flavors and try different devices.

An indirect form of peer pressure also comes into the mix. Vaping is viewed as normal by so many that those who do not participate are considered abnormal. Younger vapers get together to vape after

work, during a break or secretly at school.

Despite its popularity, vaping has raised health concerns.

For one, these devices are not regulated, and we don't really know what's in them. We do know, however, that nicotine has adverse side effects, and new evidence suggests vaping could be causing a form of popcorn lung—a condition that damages the lungs' small airways, causing coughing and shortness of breath.

I think it's time to start a new cultural movement where we encourage people to stop vaping until its side effects are fully known or it is proven to be safe.

Our nation's young people don't need to be a walking science experiment.

It took years to realize the consequences of cigarette smoke, so let's not let that happen with vaping.

Keep it in the lab until the long-term effects are proven.

Is vaping a problem, or is it much ado about nothing?

By Reese Wingbermuehle
Seckman High School

All too many teenagers think it isn't a big deal to vape.

They think the worst thing about vaping might be getting caught at school or by a parent.

However, some harmful effects are already known and others may be discovered in the future.

Studies have shown that vaping weakens the immune system and may

damage the brain.

Some who vape may be unaware they are being exposed to nicotine and other chemicals. And while information is slowly coming out about dangers, it could be just like the early studies on cigarette smoking—the general public often doesn't believe what has been published.

Vaping doesn't just impact a person's health. It can lead to financial issues.

Nicotine is addictive, and feeding an addiction can be expensive. A starter pack for JUUL, the most popular vape device,

costs about \$50. A pack of replacement pods, four pods to a pack, is about \$16, with each individual pod made up of about 5 percent nicotine.

A recent study reports that an average JUUL user spends about \$180 a month on pods, making the yearly cost of this addiction \$2,160.

Meanwhile, the JUUL company is worth \$16 billion.

By offering kid-friendly juices, such as mango, JUUL has figured out how to not only get money from adults, but from

teenagers, too. By enticing kids to buy JUUL products, the company is getting people addicted at an early age, which will prove profitable now, and in the future.

Studies show that one in five middle school and high school students have vaped. Teens give in to peer pressure when deciding to try JUUL, believing they will fit in better and will appear "cool" to their friends.

There have been reports of teenagers saying they would rather be without their phone than be without their JUUL.

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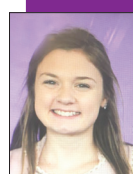
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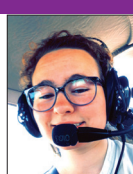
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