

# The Impact of Nicotine

Recreational drugs are substances used for their effects on mood and behavior. Nicotine, found in cigarettes, vapes, and other tobacco products, is highly addictive and poses serious health risks. Despite being marketed as a stress reliever, nicotine harms both physical and mental well-being.

Briefly describe recreational drugs here.

Your paragraph text



## Statistics

According to the CDC, over 2.5 million U.S. middle and high school students used e-cigarettes in 2022.



## Examples

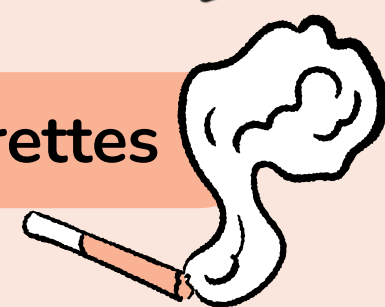
Chewing Tobacco



Vapes (E-Cigarettes)



Cigarettes



## Short-Term Effects

- Anxiety and mood swings
- Difficulty concentrating
- Dizziness, headaches, and nausea

## Long-Term Risks

- Lung and heart disease
- Mental health impact
- Addiction



## A Call to Action

Join a support group

OR

Talk to a trusted adult