

# Signs and Symptoms of Vaping Addiction

Nicotine is a highly addictive chemical that is found in the tobacco plant. Tobacco products—including cigarettes, cigars, smokeless tobacco, hookah, and most vapes—contain nicotine.



Answering yes to any of these questions means it's time to get help quitting. Do you or someone you know...

- ☑ Need to vape as soon as you wake up or during class
- ☑ Feel anxious or irritable when you want to vape
- ☑ Have trouble concentrating or sleeping
- ☑ Keep vaping even though you know it's bad for you
- ☑ Find yourself reaching for your vape without thinking about it
- ☑ Get interrupted by thoughts about vaping throughout the day

**Help for Teens:** [teen.smokefree.gov](http://teen.smokefree.gov)

**Help for Teachers:** [scholastic.com/youthvapingrisks](http://scholastic.com/youthvapingrisks)

**FDA Exchange Lab:** [digitalmedia.hhs.gov/tobacco](http://digitalmedia.hhs.gov/tobacco)

## Vaping Can Be Very Addictive

Nicotine can change the way your brain works, causing cravings for more of it. If you vape you might end up addicted to nicotine faster than if you smoked.<sup>1,2</sup> Nicotine from vapes reaches your brain within 10 seconds.<sup>3,4</sup>

## Teen Brain Development

If you think that getting addicted could never happen to you, think again. You're actually more vulnerable than adults to addiction because your adolescent brain is still developing. Nicotine exposure during adolescence can disrupt normal brain development and may have long-lasting effects, such as increased impulsivity and mood disorders.<sup>5</sup> Nicotine can also cause long-term changes to your brain, affecting memory and the ability to focus and learn—which all promote addiction.<sup>6,7,8,9</sup>

### References:

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