

Guest Column: Tobacco impacts kids

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I am a senior at Del Norte High School. I'm writing to you to highlight how tobacco impacts kids, like me and my peers. On campus, I have noticed that students have been vaping in the bathrooms.

I think one of the reasons for this is due to the way the tobacco industry targets kids. By advertising with ads at eye level for youth, having tons of flavors that attract kids and advertising how cool it is to vape or smoke. It's also counterintuitive that pharmacies sell tobacco products when it's a place where people go to get healthier by buying medicine.

It's also very important for children and teens to not use tobacco products because our brains are still developing. The nicotine and other chemicals in it can alter the brain chemistry, causing or making mental health issues worse. It's common knowledge that tobacco use can cause health problems like cancer, lung, and heart problems. But, as kids, we may not know just how terrible these products are. I hope that adults will educate themselves and talk to kids about the dangers of these products so that they don't regret vaping in the future.

Sincerely,

Sriya J.

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