

FAST FACT



Nicotine exposure during adolescence and young adulthood can cause addiction and harm the developing brain.

**Action Today.
Healthier Tomorrow.**

Don't be shy. You should speak up before adolescents start smoking or if tobacco use of any kind is suspected. Youth who do not use tobacco before the age of 26 are likely to never start.



Vaping is Not Safe

Nearly 1 in 3 students in 12th grade report vaping in the last year.



Source: <https://www.drugabuse.gov/related-topics/trends-statistics/monitoring-future>

Students who had used e-cigarettes by the time they started 9th grade were more likely than others to start smoking cigarettes within the next year.



Source: <https://www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarettes>

Learn more:

[CT.GOV/DMHAS/NPWResources](https://www.ct.gov/dmhas/NPWResources)

#ctpreventionweek