

## Digital Stories for Change Project Summary

The purpose of my project is to educate individuals and families about the negative impact of nicotine and nicotine products on their well being. This project relates specifically to the FCS National Standard 7.4. Analyzing the impact of conditions that could influence the well being of individuals and families. To be more specific, this project will educate my peers and community about the health, wellness and safety issues of nicotine use in all of its various forms. One of those forms that is popular now is vaping. It is a growing problem at my school and in my community. According to research, 30.2% of highschoolers have used e cigarettes in the last 30 days. 1 in 10 students have used e cigarettes in high school.

My goal is for my peers and community to work together to ignite a change in the misconception of nicotine products so we can have a positive influence on our well being.

One way to do this is to make sure students and adults are aware of the negative effects of nicotine and how it impacts the body. According to research, nicotine increases the risk of heart attacks, strokes and brain damage by increasing heart rate and blood pressure. Nicotine also affects the area of the brain responsible for attention, memory and learning. If that isn't enough, nicotine exposure can cause addiction. All of these facts can have lasting effects on individuals, families and communities.

This project has had a positive impact on my life because of the number of people I have reached and the opportunity I have had and will continue to have to serve the people in my community and school.

Vaping is a choice. You have the power to make a difference. It is not about the money, but think about the real cost.

“Taking Down Tobacco.” Taking Down Tobacco <https://takingdowntobacco.org>

“Teens: Facts on Drug Abuse in Teens” NDIA for Teens. [Teens.drug abuse.org//](https://teens.drugabuse.org/)

