

## **Vape vs. Teens Survey Results**

**21 student athletes were surveyed on their views on vaping.**

**Here are their responses:**

### **Do you know someone who vapes?**

16 of the 21 surveyed said yes. 5 of the 21 said no.

### **Do you think vaping has the same affect as smoking cigarettes?**

16 of the 21 surveyed said yes. 5 of the 21 said no.

### **Have you ever vaped before?**

5 of the 21 surveyed said yes. 16 of the 21 said no.

### **How do you think vape affects athletes?**

- Breath support weakens from the inhalation of nicotine
- Slows down their breathing, limiting their abilities
- I think that vapes destroy athletes' lungs as well as takes away from their focus towards their performance
- It ruins their lungs which makes it harder to breathe
- It creates damage to the lungs and can cause many forms of cancer
- Compromises their lungs which can affect how long they can endure during competitions
- I know it definitely lowers their breathing capacity/stamina. It also affects their sleep habits which affects their alertness and performance
- Bad for lungs and running
- I think vaping would cause a negative effect on athletes
- I think vaping can affect athletes' endurance
- I think it affects how well they can play their sport
- It hurts their lungs
- Only negatives. For example, trouble breathing
- They may struggle to stay fit & focused on getting better
- It most likely hinders their ability to play because if their lungs becoming less capable of functioning well and the addiction will also take away from their motivation to play
- Causing wheezing or trouble breathing after a workout
- Only negatives. For example, trouble breathing
- They may struggle to stay fit & focused on getting better
- Causing wheezing or trouble breathing after a workout
- I think vaping affects athletes poorly
- Maybe they do poorly then what they could do if they didn't do it

## **In your opinion, how does vaping affect someone mentally as well as emotionally?**

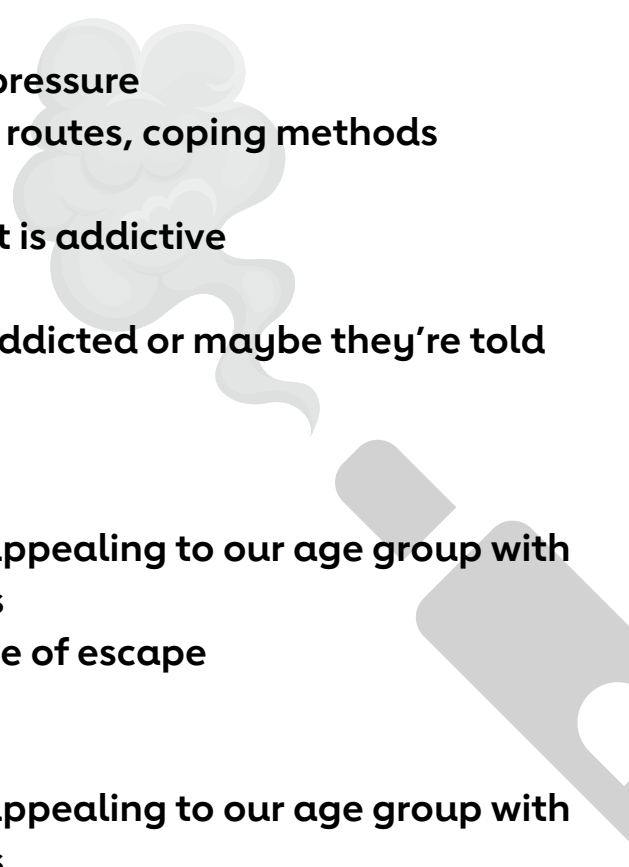
- **Withdrawal when they don't have nicotine**
- **Vaping can make someone feel stressed or pressured. It can also make someone feel forced to fit in**
- **In my opinion, vaping takes away from a person's mental health by making them believe that they need it to live or to be cool when in reality vaping is just making them depend on a material substance that they don't need. I also believe that vaping can make a person more emotionally unstable by making them think that for them to be cool or interesting they have to vape when that's just not true**
- **Yes definitely**
- **Vaping can affect someone mentally by them never wanting to go anywhere without their vape in hand**
- **Vape has weird chemicals that can affect your brain which can distort certain parts of your brain needed to make the right decisions if that makes sense**
- **Mentally it fogs up the brain, which in result can make a person emotionally distressed in signs of anger, sadness, unmotivated and maybe even depressed**
- **They can get sick**
- **Vaping can lead to a decrease in motivation and attention span**
- **I think vaping can mentally affect someone by making them crave it even more and to make them feel better**
- **I think people become so reliant on their vapes that if they don't have anymore, it turns their whole mood upside down till they can get more**
- **They become dependent on something they don't need**
- **It caused them to have an unhealthy obsession and addiction**
- **I think it messes them up because they rely on it**
- **I feel that it wires them to put vaping before the more important things such as school and real friends (friends that don't only hang out with you when you vape.) Emotionally, they will probably be more upset or uncomfortable whenever they aren't vaping**
- **A mental/emotional dependence on vaping is an unhealthy outlet**
- **It caused them to have an unhealthy obsession and addiction**
- **I think it messes them up because they rely on it**
- **A mental/emotional dependence on vaping is an unhealthy outlet**
- **Vaping affect someone mentally and emotionally because it make you feel like you tied down to the vape to the point where you feel like you can't do or go anywhere without it**
- **It makes them feel "better"**

## **If you have associated with anyone who vapes, how has that affected you personally? (If you have not, you can just say N/A)**

13 of the 21 surveyed said N/A

- Being asked if I wanted to, but luckily this person was fine with me not doing it
- I make sure not to stay close to them and to make sure I don't start at all
- It definitely made me wonder what it's like to vape, but I also watched them go through withdrawal and other horrible symptoms so it gave me a reason not to do it
- It has not affected me more than it just being an annoyance
- It hasn't affected me
- It makes them a lot meaner
- I try to tell them to stop but they have to want it for themselves

## **Why do you think teens vape?**

- They can't get access to cigarettes
  - To fit in, look popular, and when they start it's easy to get hooked and not stop
  - I think teens vape because of the false promise advertisers make that say it's healthier than smoking. I also think that there's so much peer pressure with celebrities smoking and kids thinking that to be cool, they have to vape
  - To act cool
  - I believe teens vape because of: peer pressure, helping pain go away, and to "seem cool"
  - Maybe because of social stress and peer pressure
  - Social acceptance, mental illness, escape routes, coping methods
  - They think it's good for them
  - They think it makes them look cool - and it is addictive
  - I'm not really sure, maybe to feel cool
  - I think they do it to experiment then get addicted or maybe they're told that vaping can help with their problems
  - To feel cool
  - Stress relief
  - Because it's a trend & it's altered to look appealing to our age group with different colored capes & different flavors
  - Peer pressure, looking cool, needing a type of escape
  - Peer pressure, curiosity
  - Stress relief
  - Because it's a trend & it's altered to look appealing to our age group with different colored capes & different flavors
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- Peer pressure, curiosity
- I think teen vape because they see older kids and idols doing it make it look cool to them
- It is a type of “cure” for them many feel broken or lost and so that’s why because it’s something that makes them feel different and loose therefore “healing” them in a certain way

### **If you had the choice, would you vape? Why or why not?**

20 of the 21 surveyed said no. 1 of the 21 surveyed said maybe.

- No. I am a very active person, and vaping increases chances of lung cancer
- No because of it’s dangerous effects
- I would not vape because not only is it an unnecessary habit that could inhibit my ability to be an athlete and a musician, it’s an extra cost that I would have to worry about along with everything else in the coming years
- Nope never because it kills
- I would never vape in my life. I say this because vaping is an addictive drug that ruins the body
- No, I’m not really interested in drugs and I wouldn’t do them to impress anyone or look cool. Once you start you can’t stop and I feel like vaping would delay certain goals from being achieved
- No, I don’t think I’m the type of person who fits that standard
- No because i can get a illness or die faster
- No. It is not worth the risks or negative effects
- No, because that’s gross
- No I wouldn’t vape because I find vaping disgusting. I also think it’s a gateway to other drugs
- No, there's no need to put something in your body to make you feel good when there's other natural ways
- I would never vape because of its negative effects
- No because of the long term affects that we don’t know about yet
- After I'm older (25+) maybe I'd try it but I'd try to stay away from it in its entirety. It literally just looks cool. That sounds ridiculous but I know very well to not vape and face the consequences at a young age just for the sake of looking cool
- No, it isn’t worth the negative health risks
- I would never vape because of its negative effects
- No because of the long term affects that we don’t know about yet
- No, it isn’t worth the negative health risks
- If I had the choice I would not vape because any good feeling you my get from vaping doesn’t out weigh the bad effects it will have on you
- No because it isn’t the way out of things