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Journal 5

Health Fair

My health fair presentation was on drugs and alcohol. We presented to 6-8<sup>th</sup> graders the effects of vaping, smoking, and drinking. We thought it was important to choose this topic as vaping is very prevalent amongst that age group. We started by explaining that vaping the inhalation of a flavored aerosol is. We explained the different toxins that they are made of which are carcinogens, organic compounds, and heavy metals. We showed visual aids of the different forms of vapes that are being sold. We wanted to emphasize how addictive vaping is and how it affects each body system. We showed them how it affects the lungs, heart, circulatory system, and even physical appearance. There are also side effects from nicotine overuse such as loss of appetite, sweating, diarrhea, nausea, and increased heart rate. We also spoke about marijuana use, as most adolescents don't think smoking can be harmful. We explained the short-term and longer-term effects such as mood changes, and depression. We also talked about prescription drugs and alcohol, so that they can be prepared if ever offered that they are educated in saying no. Adolescents are going through a lot of bodily changes and it can be stressful, and most think that drugs will fix these feelings, but we wanted them to know that they are making them worse. Vaping, marijuana, and even alcohol have become increasingly assemble to underage children, and their minds are not yet equipped to understand the harm of these substances. I believe our presentation was successful in educating them about the harm these substances can cause. Overall, it was a great experience to teach them, and I wish this is something that is done at all schools.