

I am Director of Counseling at Sacred Heart University in Fairfield, Connecticut. As part of the Counseling Center staff, we see the effects of vaping on young people every day. Many look to vaping as a “safe” way to quit smoking; however, they do not have the facts about vaping and, many times, don’t understand that the nicotine they are ingesting is even more potent than the cigarettes they were smoking. Additionally, many young college students look to vaping as a safe way to ingest nicotine and lose weight.

The 2<sup>nd</sup> big issue around vaping is the ease with which college students transition to vaping THC oils. This is such an easy transition and again, they don’t have information about the fact that what they are ingesting is unregulated and often mixed with other chemicals. It is crucial that there are age restrictions set on access to these products. As we all know, the earlier a young person begins to use a drug, the greater chance they will have a lifelong addiction to that substance.

Don’t hesitate to contact me if you wish. Thank you.

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