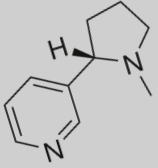


# FALCON FACTS



## JUULS, VAPES, NICOTINE AND YOUR NOGGIN



### Nicotine

Nicotine is the highly addictive drug found in tobacco plants. Once used, your body craves more. When ingested, Nicotine activates and changes several areas of your brain.

For adolescents, this is risky because Nicotine harms brain development and your brain is still forming until you are about 25 years old.

**Synapses** As we learn, synapses, or connections, between our brain cells are formed. Nicotine alters this.

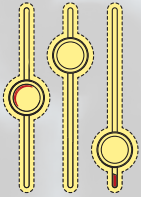
**These changes impact a person's:**



**Attention and impulse control**



**Ability to learn and recall information**



**Self-regulation and stress response**



**Odds of developing addiction to a variety of substances or stimuli in addition to nicotine.**

### Nicotine Addiction, Well-being & Mood



Nicotine activates receptors in our brains that release dopamine. This is what makes users feel good and this pleasant response is a big driver in the addiction to nicotine.



The number of receptors increase as nicotine use increases. Addicted users have millions more of these receptors than non-users.



When not using, the receptors do not receive nicotine, so the pleasure response is cut off. Nicotine withdrawal can cause anxiety, depression, irritability, and anger. The fix, more nicotine.



Users also have difficulty experiencing emotions without nicotine in their body and difficulties managing stressors without nicotine. This means, a user has difficulty experiencing joy without nicotine and challenges managing any stress, good or bad without nicotine



With heavier use, the ups and downs and response from nicotine can cause significant emotional distress including depression and in some cases thoughts of self harm.