

FLAVORS HOOK KIDS VERMONT

Quotes from Vermont Highschoolers and Middleschoolers, Jan. 8, 2024

- “It’s gotten to the point where it’s tough to ride a bus or go to the bathroom without coming into contact with a vape” - **Sophomore, Missisquoi Valley Union High School**
- “I’ve noticed a lot of vaping and smoking in my school and community. I wish to stop this. It’s impacting my sports team where some players can barely play for a couple minutes without breathing hard and gasping.” - **Sophomore, Missisquoi Valley Union High School**
- “We have a very big vaping problem at my school. I’ve witnessed kids on the bus passing vapes around of different flavors. People avoid the bathrooms because the odds are there is a group of kids vaping” - **Sophomore, Missisquoi Valley Union High School**
- “Vaping happens in my school all the time and I worry for the kids' mental health as well as their health and with their learning they feel like they need it so they skip class. **Before I quit that was me- I was always skipping class to vape.**” - **High Schooler**
- “I have watched my peers struggle in academics, for they are focused on their next vape, and miss class to do so. Similarly, I have watched teammates struggle in competitive environments due to health restrictions due to vapes.” - **Sophomore, Missisquoi Valley Union High School**
- “At Lamoille, there are tons of people who vape. The teachers try to stop it, but they can’t. The kids I know that vape are a lot more aggressive and tend to act out more” - **13 year old, Johnson**
- “Still trying to quit nicotine after starting at 14” - **Age 29, St Johnsbury**
- “I got influenced by my parents and friends. I’ve since quit.” - **Age 13, Eden**

- “I am a highschool student who has met people who have become addicted to vapes after becoming interested in trying them because of their flavors and it is so sad to see” - **High Schooler, Shelburne**

These quotes were collected during the 802 Youth Leadership Summit and came from postcards youth wrote out to their legislators. We encourage you to reach out to the schools and parents in your community to hear how flavored tobacco is impacting Vermont youth.

Thank you,
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Field Organizers for the Flavors Hook Kids Vermont Campaign