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**Introduction**

1. Attention: The United States had its highest smoking rate in the mid-1960s, steadily declining. However, electronic cigarette use has increased dramatically recently, particularly among the young. Among high school students, 27% said they had used electronic cigarettes in the last month, whereas just 6% said they had used tobacco cigarettes (Cullen). Since 2017, vaping rates have doubled, with Juul products accounting for 75% of the multibillion-dollar e-cigarette industry.
2. Topic: Electronic cigarettes, often known as "vape pens," vaporize a liquid into an inhalable mist. E-liquid, sometimes known as "vape juice," may be flavored with nicotine or cannabis oil or distillate. Cartridges carrying e-liquid may either be purchased separately or be used in a refillable e-cigarette.
3. Credibility: Risks are there no matter what you use a vaporizer for. When you start using electronic cigarettes or move from traditional cigarettes, you significantly increase your chance of experiencing serious health problems. According to the American Cancer Society, a reliable source, staying away from any tobacco product, including vaping, is the best course of action.
4. Preview: Today, you will see how bad it is vaping is and why the United States should pass legislation to ban vaping banned for all ages.

(Transition: Let’s begin by defining the problem.)

**Body**

 **Problems**

1. Vaping is addictive with or without nicotine.
2. Even without nicotine, vaping is dangerous. But vaping nicotine-containing goods further raises the risk of addiction. Nicotine dependency is one of the biggest hazards of vaping nicotine.
3. Research from 2015 found that nicotine-containing vapes increased the risk of developing nicotine dependence than those who used e-cigarettes without nicotine (Lerner). Those under the age of 25 are particularly vulnerable to the negative effects of nicotine vaping. Youths who use nicotine e-liquids are more prone to start using conventional tobacco products.
4. Nicotine, which may be found in electronic and traditional tobacco cigarettes, is highly addictive. The problem is exacerbated by the fact that many people who use e-cigarettes consume more nicotine than they would if they had smoked traditional cigarettes.
5. For a stronger nicotine rush, e-cigarette users may purchase "extra-strength" cartridges with a larger drug concentration or boost the battery voltage.

(Now let us see what vaping can cause to your body)

1. Vaping might cause physical harm
2. According to NAP's 2018 research, there is strong evidence that is vaping leads to cell malfunction, oxidative stress, and DNA damage. There is presently no evidence to show that vaping causes cancer. However, several of these cellular alterations have been related to cancer development over the long term.
3. Vaping may have demographically distinct risks, especially among young individuals. According to the CDC, a reliable source, nicotine use in e-cigarettes may have long-lasting effects on young adults' brains. Some of vaping's potential side effects on the body may still be unknown.
4. Lung cancer and other issues
5. Recent acute lung sickness and mortality cases have been linked to using e-cigarettes containing tetrahydrocannabinol (THC) and vitamin E acetate (Staudt).

(transition: now we all know how bad is vaping is there is anyway we can stop the issue)

**Solution**

These are the legislation that state and federal legislators should prioritize to reduce youth vaping.

1. Bans on flavored electronic cigarettes and minimum sales ages prevent their distribution to minors.
2. Introduction of fees on electronic cigarettes
3. Flavored electronic cigarettes are becoming outlawed.

Since Congress passed the so-called Tobacco 21 law in 2018, the legal age to purchase tobacco products, including e-cigarettes, has been increased to 21 as of December 2019 (Buckel). The legal age to buy an electronic cigarette is either 19 or 21 in the District of Columbia and 24 other states, while in others, it is 18.

For several reasons, a complete ban on flavorings in all tobacco products with few or no exceptions may be more successful than the existing partial prohibition (Cox). The federal government has only taxed traditional cigarettes, but 21 states and the District of Columbia have also begun taxing electronic cigarettes. Multiple factors make determining how these levies might affect public health very difficult. Some individuals would be dissuaded from using electronic cigarettes if tariffs were placed on them.

**Conclusion**

The increase use of vapes among school students and the attendant health issues have created an urgent situation and presented significant hurdles for policymakers. Despite the pressing need, well-considered policy should be founded on solid facts. Federal and state governments must enforce them effectively, work together, and provide sufficient resources. Policymakers should work to prevent youth vaping while preserving resources for adults trying to kick the smoking habit. Finally, rules need to be future-oriented since the e-cigarette sector is evolving fast, and e-cigarette firms may be more agile than authorities.

**Work Cited**

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