

# USS Citizens

By: Diyan, Easton, Kaiser, Aubrey, CJ, Cullen and Jackson



# **The Issue: Nicotine use and Fighting in schools**

The main issue is the increase of both vaping and fighting in the US over the years.

The root cause of this is mainly peer pressure. Peer pressure makes kids start fighting and using nicotine.

- Vaping has increased by 54% between 13 and 18 years olds
- Vaping can cause increased blood pressure which means your brain can do something without thinking of the consequences.
- Fighting and vaping are connected due to you not thinking about consequences after vaping for too long

Our goal is to create a class to teach kids and students how to spot and stop peer pressure between themselves and other students.

# **Take action**

## **Ways we can take action**

- **Stopping it when you see it happen or report it to a school official when you see someone vaping or fighting**
- **We can say NO and walk away if asked to vape or get into a fight**
- **We can start a 1 hour and 30 minute monthly class to teach students about peer pressure and how to avoid nicotine use and fighting**

Our goal is to train students to respond to peer pressure. By creating both an online and in person course, it will stop peer pressure and reduce the vaping and fighting



# **What We Learned**

**Aubrey: I learned that vaping is addictive and can harm the brain and body**

**Kaiser: I learned that way more people vape than we think there are vaping daily.**

**Easton: I learned that this problem is a lot more serious than we all think.**

**Jackson: I learned that nicotine can increase blood pressure and make the brain not function properly which can cause you to vape more and fight.**

**Diyan: I learned that vaping can speed up your brain making all of your emotions really strong which can lead to anger issues and fighting.**

**CJ: I learned that nicotine cause your blood pressure to increase and that cause you to fight.**

**Cullen: out of every kid that vapes 54% start with friends**

# **About us**

## **USS CITIZENS**

**Diyan, Easton, Kaiser, Aubrey, CJ, Cullen and Jackson**

**Our group chose this issue because everyone has been affected by vaping and fighting in their school at some point in time.**

**Fun Fact: Our group members are all 7th graders.**

***Our goal is to train students to respond to peer pressure. By creating both an online and in person course, it will stop peer pressure and reduce the vaping and fighting***

# **Resources**

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8296881/>
2. <https://www.bbc.co.uk/bitesize/articles/z4jdxg8>
3. <https://www.fda.gov/tobacco-products/youth-and-tobacco/results-annual-national-youth-tobacco-survey>