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English 3 Cambridge

Period 3

W.R. Thomas Middle

### Vaping Essay

The world right now is filled with blind ideals. You might be thinking right now that vaping is what is keeping you sane right now. Without your vape, you can't go through the day without losing a bit of your mind. Right now, it feels like there is no other way, and I understand that. You need to understand something first, though. These vapes are not good for you. There's a lot that can happen when you intake these vapes.

There are more correlations of things happening with vaping that have similar effects to smoking. So, if you keep vaping, you might end up having the same illnesses that smokers obtain. My dad had smoked a lot of his life. He stopped smoking when my younger sister was born, but from smoking that long, it had very tragic after-effects. He had gotten pancreatic cancer, and he was sick all the time. He was always bedridden and sad. I would catch him trying to support us while he was very sick, and hearing him cry in his situation always tore my heart apart. He had to go to the hospital a lot, and I barely got to see him much. The last time I saw him, he could barely speak right, and he was in poor shape. It was the first day of fourth grade when I found out he died, and I miss him so much every day. My family was so torn to hear of

his passing and knowing that I could never get to see him again was heart-aching. After all of that, I'd hate to see you sick like that from taking these vapes that can harm you so much. You deserve to be healthy and happy.

I can tell that right now you can't help but take a puff. You think it's the only way to relieve of your stress from things at school and at home. Inhaling these vapes, though, can make you lose focus of what's happening around you, and you seem to never want to go out. When you don't find yourself vaping, we're hanging out together and talking about things at school. These vapes can also mess up your lungs, and it'll make you sick a lot. So, we should try to do other things, like go ice-skating, and talk together about the things that stress you out and make you want to vape.

I know it is going to be very hard to stop vaping, but I can promise you that there are so many other things you can do instead of vaping. Maybe we should try taking more walks or try out a new book series along with the other things we can do. You can grow to live joyfully and free from health issues. I want you to continue pursuing your dreams and to never give up. I think you can do it, and life is going to get better for you.