



Off :30 Teen Script

TEEN VO: Some days you just feel...off.

TEEN VO: Anxious. Low. On-edge.

TEEN VO: And vaping nicotine can make days like this worse and more common, because nicotine throws off the natural balance of neurotransmitters in your brain, like dopamine and serotonin, which affects your mood.

TEEN VO: So you feel more unhappy and less like yourself.

TEEN VO: See how vaping can mess with your mental health at [Behind The Haze dot com.](https://www.behindthehaze.com)"