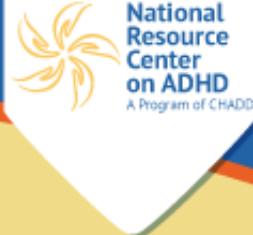


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ADHD weekly

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Teens and the Effect of E-cigarette Ads

Did you know that about 7 in 10 high school students are exposed to advertising for e-cigarettes? These ads often portray the product released by the vapor in the e-cigarettes as flavorful and less risky than smoking regular tobacco cigarettes. E-cigarette ads use many of the same themes as tobacco cigarettes to attract new and younger smokers—making the images of smokers seem cool, independent or sexy. For young people affected by ADHD, the lure of e-cigarettes could be very strong. [Read more.](#)



Study Supports ADHD Behavioral Therapy

A [recent study](#) conducted at Florida International University by William Pelham, Jr., PhD and associates supported the use of behavioral management as an effective primary treatment for ADHD. Over the course of eight weeks, the researchers worked with 146 children to determine



the effectiveness of this technique with and without the addition of medication. The researchers concluded that beginning treatment with behavioral therapy produced better results for the children in the study than beginning treatment with medication. [Learn more.](#)

Being Productive When You Have ADHD

Are some of the symptoms of ADHD—inattention, distractibility, and procrastination—getting in the way of your getting things done? There are entire books with suggestions on how to be more productive.

[Check out these tips.](#)



Talk to Your Teen about Underage Drinking. There's an App for That



Prepare for one of the most important conversations you may ever have with your kids about underage drinking. SAMHSA's "[Talk. They Hear You.](#)" app is available on computers and smartphones.

The app features an interactive simulation that helps you learn the do's and don'ts of talking to kids about underage drinking. The app is available in [Apple](#) and [Android](#).

[Download](#)

Join the ADHD Discussion!

 Ask a question & connect with others

Join the ADHD online community



Have a burning question but don't know where to get your answers? Check out our online community dedicated to helping you understand more about ADHD.

[Read more](#)



- Early behavior therapy found to aid children with A.D.H.D.
- Could adults' expectations drive up ADHD diagnoses in kids?
- Not only do opposites not attract, but just the opposite
- Why are people with ADHD always late?

Read these and other articles in the [ADHD in the News weekly digest](#).

Did You Know?

Help is Available to Quit Smoking

You can [get tips from former smokers](#) on how to quit smoking or call 1-800-QUIT-NOW (1-800-784-8669). Explore [I'm Ready to Quit!](#)

Spanish speakers can call 1-855-DÉJELO-YA (1-855-335-3569) or explore [¡Estoy listo para dejar de fumar!](#)

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