Zara Nadeem

The title of my poem is “The Battle” and it represents the battle our youth faces with the prevalent and raging vaping epidemic. My poem incorporates the WNTD theme, “Tobacco: Threat to Our Environment”, because it describes how vaping and tobacco have had detrimental effects on our health and how it’s marketed to be deceptive. It affects our physical health but also is a battle ongoing for too long now and we need to create a better future where vaping can no longer blur us, having a healthier generation with a cleaner environment to thrive in.

The Battle
Everything seems out of focus.

Toxic vapors consuming my soul,
their stench makes my mind run in circles.
Can't tell my left from my right.
Knocking out my senses to see, feel, and even breathe.
Feeling trapped with those bright colors and colorful flavors -
It's all a deception.
Makes me feel high yet brings me to an all-time low
Took the fall one too many times.

Nevertheless, we will overcome the vape.
Fight back till its end.

A battle is never won when done alone,
We can unite to overthrow this relentless regime.
Rise together to create a better future,
Not letting the smoke blur our vision anymore.