

E-cigs are not FDA approved.
Most e -cig aerosol has metals & toxic
chemicals known to cause cancer.

Nicotine lowers impulse
control and harms
developing brains.

Intentional or accidental exposure
to e-juice can result in seizures,
anoxic brain injury, or vomiting.

***Nicotine is highly addictive
and hard to stop.***

SIGNS & SYMPTOMS

Recognizing Use Of Vapes and E-Cigs

- Sudden increase in smells where there were none before. Vaping products may smell like candy, fruit or perfume, so smell may not be the giveaway.
- Requests for money increases or you see a change in saving practices.
- Ordering items online. Secretive about what they are getting in the mail. Finding empty shipping boxes. TIPS: Do not give loadable credit cards as gifts. Monitor your credit card statements.
- Change in mood which can include: increased irritability or aggressiveness, increased or onset of defensiveness.
- Posting images or sending messages of vape or other drug use via social media or texting.

***Let's
Talk!***

TIPS FOR

TALKING TO YOUR CHILD

COMMUNICATION IS KEY

- Find teachable moments while watching, listening or reading media. Ask your child for their thoughts about vaping and juuling.
- Maintain a calm attitude and listen to understand rather than listening to respond.
- Share your concerns about how abuse of drugs (including nicotine) and alcohol can affect healthy development.
- School policy states that no students are allowed to have or use tobacco or vaping products on school property or during school sponsored events.
- Share your family's consequences for discovering vaping, tobacco or other drug use.
- Share that counseling and support will be a next step if use continues or if they ask for help.
- Reach out to other adults that are active in your child's life and gain support for a united approach.

***MORE
INFO***

- *CDC Infographic on E-Cigarettes: www.cdc.gov/tobacco/basic_information/e-cigarettes*
- *National Academies of Sciences Report on E-Cigs: nationalacademies.org/eCigHealthEffects*
- *Quit Now Virginia (Free Quitline for Tobacco & Nicotine Products): Quitnow.net/Virginia*
- *Smokefree Teen App and Text Tools: teen.smokefree.gov/*