

# 10 SIGNS THAT A TEEN IS VAPING.



The indications of e-cigarette use are different than those of alcohol or drug use. Vaping rarely causes blurry eyes, slurred speech, or physical impairment. However, the nicotine in e-cigarettes is addictive and harmful to adolescent brain development, which occurs from birth until about age 25. Vaping can negatively affect teen behavior in the following areas:

- Mood
- Learning
- Ability to reason
- Attention span
- Impulse control
- Decision-making

E-cigarette use by youth also makes them more likely to use regular cigarettes later in life and increases their risk for future addiction to other drugs. The nicotine content of some e-cigarette pods can pack the punch of 13 to 30 regular cigarettes.

## Here are warning signs you should look for:

The following behaviors or symptoms of e-cigarette use have been cited by the Centers for Disease Control and Prevention (CDC), the American Lung Association, *USA Today*, and *U.S. News & World Report*.

### 1 DRY MOUTH OR DEHYDRATION

Propylene glycol, an ingredient in vape e-liquids, frequently causes dry mouth (aka cottonmouth) as a side effect of e-cigarette use. If you notice increased thirst or teens drinking water more than usual, you might consider asking additional questions or observing their behavior more closely.

Source: National Institutes of Health



### 2 NOSEBLEEDS

Vapers tend to exhale through their nose more than their mouth. Again, propylene glycol may be the culprit, as it dehydrates the inside of nostrils. The corresponding dryness leads to frequent nosebleeds. Be on the lookout.

Source: International Journal of Otolaryngology Sciences



### 3 UNEXPLAINED SWEET SCENT

Flavored e-cigarettes such as citrus, berry, watermelon, bubblegum, and others are popular with youths. If you notice a sweet scent on a teen's breath and they can't explain it, you might want to consider asking them if they are vaping.

### 4 UNUSUAL USB DRIVES AND PENS

Rather than use large vape devices like hookahs and pipes, many teens prefer more discreet ones designed to resemble a USB flash drive or a writing instrument like a pen. The devices often have holes at both ends. Don't be fooled. If it doesn't look legitimate, it probably isn't.



## COUGHING OR MOUTH SORES

Some research indicates that e-cigarettes interrupt the body's immune system, which may cause mouth sores or wounds that won't heal. E-cigarette users also exhibit a cough similar to that of a smoker. If the cough or sores can't be explained, it's likely a sign that a teen is vaping.

Source: National Institutes of Health and Cleveland Clinic

## EXCESSIVE THROAT CLEARING

The human body produces mucus and phlegm naturally, and clears it regularly. However, e-cigarette use can cause mucociliary dysfunction (similar to COPD, asthma, and cystic fibrosis), which impairs the body's ability to move and expel these substances. Quite simply, vaping irritates the throat, causing vapers to frequently clear their throat.

Source: National Institutes of Health

## UNFAMILIAR BATTERIES OR CHARGERS

Vape batteries and chargers seldom look like their cellphone counterparts. And while a cellphone charge might last a day, a vape charge may last only a few hours, depending on frequency of device use. If a student possesses one of these, they are likely vaping.



## METALLIC WIRES, COILS, AND ATOMIZERS

Vape batteries and chargers seldom look like their cellphone counterparts. And while a cellphone charge might last a day, a vape charge may last only a few hours, depending on frequency of device use. If a student possesses one of these, they are likely vaping.

## EMPTY E-LIQUID PODS

Pods are designed to deliver up to 200 hits, or puffs, of e-vapor to the user. If you see a teen discarding a pod, retrieve it and start a conversation about it.

## ABDOMINAL PAIN

Nausea, vomiting, abdominal pain, and diarrhea are common side effects of e-cigarette use, and typically precede the onset of lung injuries or illnesses.

Source: Cleveland Clinic



## BONUS: A SECRET ALTERNATIVE

Nicotine pouches are skyrocketing in popularity and are even harder to detect than vaping devices. They come in small containers that look a lot like breath mints, and they're tucked under the lip just like traditional "dipping tobacco" — but are made from dissolvable nicotine salts that don't require spitting. Keep this in mind if you spot a small round or rectangular container from a brand you don't recognize.

