

## Signs Your Teen is Vaping:

**What Are the Signs of Vaping?** Although sometimes subtle, there are clues to look for to see if your youth is vaping:



- **Equipment/Technology:** You may find devices that look like flash drives, e-juice bottles, pods (that contain e-juice) or product packaging. Have you come across unfamiliar chargers, coils, or batteries?
- **Online purchases/packages in the mail/store purchases:** Be on the lookout for purchases made online and charged to your credit card or unusual packages that arrive in the mail. Kids also buy them at gas stations or from other friends.
- **Scent:** While the smell from vaping is faint, you may catch a whiff of a flavoring where there appears to be no other source. For example, if you smell bubble gum or chocolate cake, take note.
- **Increased thirst/nose bleeds:** Increased thirst and dry mouth (and occasional nosebleeds) is a side effect of the propylene glycol which pulls water molecules from the mouth and nose. As a result, some kids drink more liquids or seem more prone to nose bleeds.
- **Vaping lingo:** You may see vape lingo in text messages such as “atty” for an atomizer, “VG” for vegetable glycerin found in e-juice, or “sauce” referring to e-juice. Kids often brag about their vaping exploits on social media. Look for pictures on Instagram, YouTube or Tik Tok.
- **Appearance and behavior changes:** Just like smoking, vaping marijuana can result in dry mouth and thirst, increased appetite and shifts in behavior and mood. Sometimes, there is a noticeable change in friends and a decrease in activities that were once enjoyed.
- Attempts to conceal colorful plastic caps from “pods” and small electrical devices and cords for charging
- Signs of developing a nicotine dependence or withdrawal such as changes in sleeping, irritability, coughing, frequent snacking.
- Changes in your kids’ behavior such as increased mood swings, irritability, anxiety, or impulsivity.
- Increases in frequent headaches, nausea or heightened caffeine sensitivity.