

With **1 in 5 Missouri teens**
using e-cigarettes,
how do you know if your
child is vaping?

Signs to look for:

Changes in your teen's behavior

Cutting back on caffeine, nosebleeds,
increased thirst, agitation and mood swings.

Finding unusual items around the house

Unfamiliar pens and USB drives, discarded
pods in the trash.

A sweet scent in the air

Many disposable or refillable
cartridge-based e-cigarettes include sweet
flavors, which linger in the air and on
clothes.

It can be hard to know for sure if your teen is vaping,
so have regular conversations with them about the
use of e-cigarettes and tobacco products. A good
way to start is by asking them open-ended questions
such as, "What have you heard about vaping?" "What
do kids like about vaping?" "How does vaping show
up in your school?" Be patient and ready to listen.

If you discover that your teen is vaping,
encourage them to text **VAPEFREEMO to 873373**
for free help to quit.

Learn more about teen vaping and ways you can
support your teen at **VapeFreeLife.com**

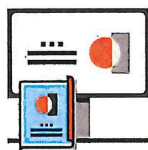
MISSOURI TOBACCO
QUIT SERVICES





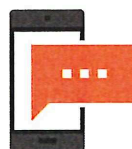
Talk with Your Teen About Vaping

Free support is available for adults to
help teens with their quit journey



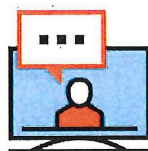
Online Courses

Learn the warning signs.
Get tools to start the conversation.



Text-Based Action Plan

Learn how to talk to your teen
about vaping.



Coach Support

Connect with a quit coach for tips
on helping them quit.

Turning adults into quit
champions. Get started today
or visit **VapeFreeLife.com**



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The Missouri Tobacco QuitServices is funded by a cooperative
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