



Your guide to becoming a successful coping coach!

Vaping Risks for Youth

Vaping poses significant health risks for young people, as their developing brains and bodies are particularly vulnerable to the harmful effects of chemicals in vape products. Its effects on mental health include the worsening of anxiety and depression symptoms. Additionally, it can cause sleep disturbances especially in young brains. Vaping can also make the young person more vulnerable to engaging in risky behaviors, such as vaping while driving or in school. While adolescents may not realize it, vaping can lead to a cycle of dependence, causing users to crave and need vape products to feel normal.

Nicotine Half Life

The half-life of nicotine is approximately 1-2hrs. Removing vapes can cause the youth to experience an onset of withdrawal symptoms nearly two hours later. It is best to be prepared with basic coping mechanisms and skills to help support the adolescent.

SIGNS AND SYMPTOMS OF VAPING WITHDRAWAL CAN INCLUDE:

- Headaches
- Irritability
- Cravings
- Difficulty concentrating
- Anxiety
- Fatigue
- Feeling restless
- Mood changes

Ways to help support:

Have things handy in the classroom that can help students, and you, cope with uncomfortable withdrawal symptoms. Some ways you can help best support an adolescent exhibiting nicotine withdrawal include:

- Gum, mints, and hard candy can help them deal with cravings
- Stress ball, fidget toys, and coloring books for restlessness and concentration
- Allowing adolescents to engage in skills to help in times of distress like taking a walk, or changing seating location
- Have the student engage in a grounding technique, like Box breathing, progressive muscle relaxation, either alone or with you to help alleviate symptoms



horizon-health.org/SAFER-parent



Mental Health Advocates
of WNY Teen Hotline

JustTellOne.org

Text

**“Drop the Vape” to 88709
available 24/7**

**IF YOU FEEL LIKE
YOU NEED ANY HELP
REACH OUT!**