

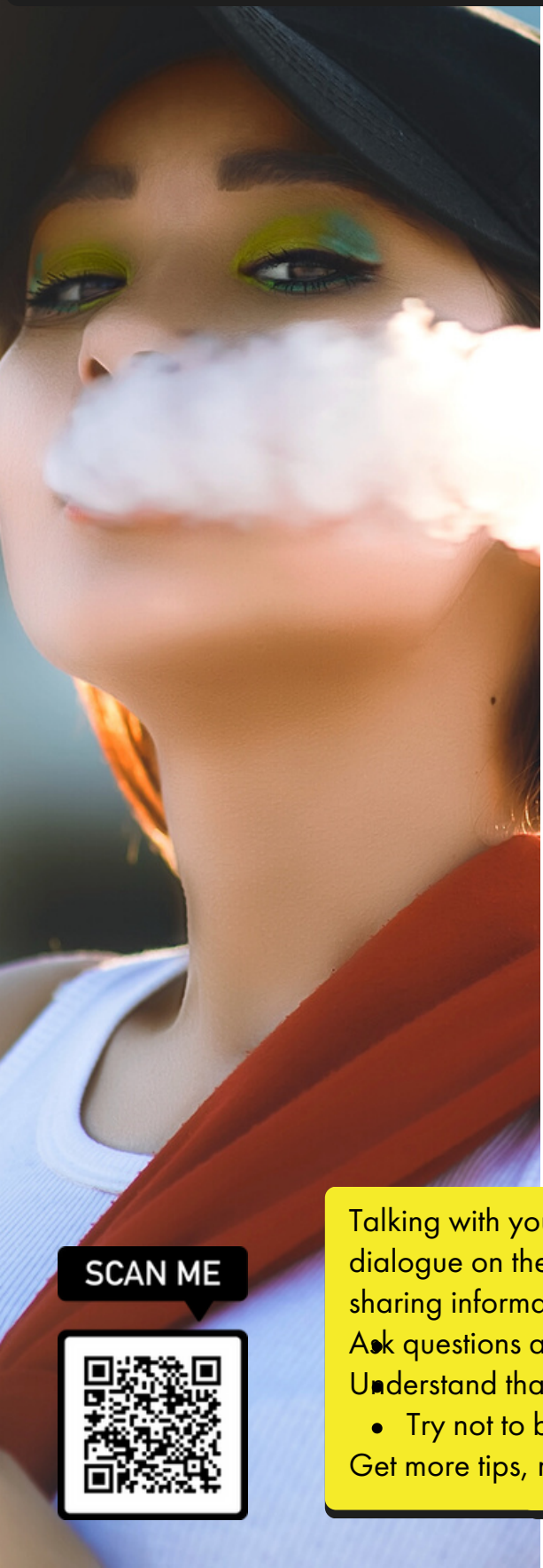
# Would you know if your child were vaping?



Get information, support and resources for your family from Parents Against Vaping e-cigs (PAVe).



# Ten Signs Your Child Is Vaping



## Would you know if your child were vaping?

About 1 in 5 high schoolers currently vape--some start as early as age nine. Many young people who vape think it is harmless. Popular devices are discrete, hidden in plain site, and kids may share them without even bringing them home.

## Signs that your child could be vaping:

1. Secretive attitude, closed door, frequent excuses to use the restroom or go outside
2. A sweet smell. Use of candles or room freshener to disguise the smell
3. Dry mucous membranes (nose, throat, mouth) resulting in
  - a. Drinking more, craving more salt or spice
  - b. Nosebleeds
  - c. Mouth sores
4. Unusual items like colorful plastic caps, extra USB drives, small highlighters or pens
5. Changes in sleeping patterns
6. Raspy cough, increased lung infections, chest pain, shortness of breath, pneumonia
7. Heightened caffeine sensitivity, jitteriness
8. Anxiety, irritability, mood swings, anger
9. Changes in eating habits, nausea, gastrointestinal issues, weight loss
10. Unknown or increased spending or deliveries

Sources: University of Michigan Health, University of Iowa Stead Family Children's Hospital, University of Virginia Health System

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Talking with your child about vaping is daunting--but it's important to start a dialogue on the topic so your child will feel comfortable speaking openly and sharing information with you. Some tips from PAVE...

Ask questions about your child's experiences.

Understand that most kids have misconceptions about vapes.

- Try not to blame or get angry. Kids were targeted by a predatory industry.

Get more tips, resources and info at [parentsagainstvaping.org](http://parentsagainstvaping.org) (scan QR code)