

10 Signs Your Student is Vaping

The CDC notes that any nicotine use by youth and young adults, including e-cigarettes, is unsafe. Nicotine is addictive and can harm the developing brain. Speak with your student about their experience with e-cigarettes and remind them of the dangers of nicotine.

- 1 Finding Unfamiliar Items
- 2 Behavioral Changes
- 3 Shortness of Breath
- 4 Poor Performance in School
- 5 Sweet Fragrances
- 6 Weight Loss
- 7 Abnormal Coughing
- 8 Nausea
- 9 Chest Pain
- 10 Seizures



Sources: CDC "Talking to Youth and Young Adults to Prevent E-cigarette Use"
USA TODAY's "What Are the Signs That Your Child Is Vaping?"
Learn More: linktr.ee/breathewell

