

K.N.O.W. 2 PREVENT

KNOWLEDGE NETWORK
OF WESTCHESTER

You can't PREVENT
what you don't know!

A WESTCHESTER VIRTUAL SPEAKER SERIES

The Youth Vaping Epidemic: What Parents Need to Know and How to Protect Our Kids

“TIP” JAR

TAKE-AWAYS - INFORMATION - PROMPTS

Facts About Vaping:

- Nearly all addiction, including to nicotine, occurs before the age of 21
- Nicotine changes the adolescent brain, impairs cognitive functioning, and can impact the lungs, heart, and body
- Kids who vape are 5 times more likely to be diagnosed with Covid-19 and more likely to have a severe case
- There is a direct link between substance use and mental health

Visit PAVe for more information

Some Common Signs of Vaping:

- Frequent excuses to use the restroom or go outside
- Sweet smell in kid's room or clothes
- Secretive attitude, closed doors
- Changes in sleeping patterns
- Dry or raspy cough, shortness of breath, changes in lung health
- Anxiety, irritability, mood swings, anger
- Changes in eating habits, weight loss

Learn more about Weill Cornell's Substance Use Programs

Tips for Parents:

- Good treatments exist for both substance use and mental health conditions
- Discuss substance use and mental health issues early and often with children
- Start talking about vaping as early as 9 years old, be persistent
- Don't use scare tactics, avoid judgement
- Kids were fooled into thinking vaping was not bad for them - Help them understand the facts

For Help With Teen Nicotine Addiction

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