

Youth Nicotine Addiction

- The popularity of vaping has made nicotine addiction among young people a bigger health concern
- Most e-cigarettes contain high amounts of nicotine
- The health risks of using nicotine, especially when vaped at high amounts, are numerous



Spot the Signs of Vaping:

- An artificially sweet smell
- Strange items in their backpack or room
- For example, items that look like USB drives, spare parts, chargers, etc.

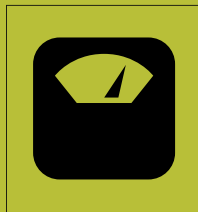
SYMPTOMS OF NICOTINE ADDICTION:



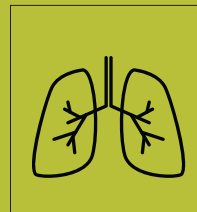
GIVING UP ACTIVITIES THAT WERE PREVIOUSLY ENJOYABLE TO SMOKE OR VAPE



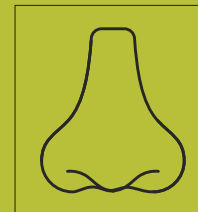
DIFFICULTY CONCENTRATING



UNEXPLAINED OR UNEXPECTED WEIGHT LOSS



SHORTNESS OF BREATH AND OTHER RESPIRATORY AND CARDIOVASCULAR ISSUES



NOSEBLEEDS



MOOD CHANGES SUCH AS INCREASED IRRITABILITY OR FEELING ANXIOUS OR DEPRESSED

My Life, My Quit

Free quitting help for youth ages 13-17.

Call, or text "Start My Quit" to 855.891.9989

How To Help:



This is Quitting

Free, tailored quit help for youth ages 13-24.

Text "DITCHJUUL" to 88709 to get started.

