Ten Signs Your Child Might Be Vaping

Would you know if your child were vaping?
More than 1 in 4 high schoolers and over 10% of middle schoolers vape—and not just kids prone to risk behavior. Most who vape would not smoke cigarettes, and likely think vaping is harmless. Popular devices are discrete or hidden in plain sight, looking similar to school supplies. Kids may also share devices, so they may not even own them.

Signs that your child could be vaping:
1. Frequent excuses to use the restroom or go outside
2. A sweet smell in their room or on their clothes, from flavored aerosol. 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. Secretive attitude, closed door
6. Changes in sleeping patterns
7. Raspy cough, increased lung infections, chest pain, shortness of breath, pneumonia
8. Heightened caffeine sensitivity, jitteriness
9. Anxiety, irritability, mood swings, anger
10. Changes in eating habits, nausea, gastrointestinal issues, weight loss

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

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