

Tobacco Prevention, continued

There are many potential signs that a child or student could be vaping. If you spot any of the following signs, look for vape supplies.

- Declining academic or athletic performance.
- Sweet, minty, or fruity smells without an obvious source like candles, lotion, food, or gum.
- Changes in behavior such as increased mood swings, irritability, anxiety, or impulsivity.
- Using new terminology or words that seem out of place such as, “zero out,” “I lost my pen,” or, “Can I borrow your book,” or referring to people whose names you haven’t heard before.
- Frequent headaches, nausea, or dizziness.
- Increased risky behavior.
- Discarded pods or disposable devices.
- Unfamiliar USB devices, pens, highlighters, small vials, eyedropper bottles, coils, or batteries.
- Restlessness/sleeplessness.
- Complaints of being out of breath.

The human brain continues to develop until age 24-26. Nicotine exposure before that time can alter how a young person’s brain is formed, including their attention span, decision-making ability, and learning capacity. It can also impact their mood and impulse control. Nicotine is an addictive stimulant that acts on the same reward pathways as heroin or cocaine, meaning that when youth use these products at a young age, they are priming their brain for future addictions. Most youth don’t realize they are addicted until it is too late.

If you suspect that your child or student is vaping or you want to be proactive in talking to your child or student about vaping, Fargo Cass Public Health is here to help with local, state and online resources to leave nicotine addiction behind. Visit our [website](#) or call 701.241.8195 to learn more.

