

Vaping



What Is Vaping?



Vaping is a term used when inhaling vapor made by an electronic cigarette or similar device. The most common substances vaped are marijuana and nicotine with a flavored liquid. There is a myth that vaping is safe due to the lack of data and comparison to cigarettes/tobacco inhalation. The truth is, vaping is not safe, because these liquids may contain toxic substances that can harm your lungs. Many vaping liquids also contain nicotine, which can be very addictive, and impact brain development for teens and young adults.



Signs of Vaping.



Signs of vaping can be harder to notice than smoking traditional cigarettes or marijuana. How can you tell if someone you care about may be vaping? Identify the signs:

- They have vaping devices like e-cigarettes, flavored liquid bottles, and small pods or cartridges. E-cigarettes come in many different shapes and sizes, and often look like a pen or flash drive.
- A faint smell of flavoring that you can't find or identify near the person or in your home.
- They are thirstier than normal.
- They have many nosebleeds.
- They are not drinking as many caffeinated beverages.



How can you Help



These tips are for caregivers, friends, and community members who are concerned someone they know may have a problem with vaping and do not understand the risks or why they shouldn't use them. Take Action:

- Check in often to see how they are doing.
- Choose relaxed times to talk, such as in the car, during dinner, or while watching TV.
- Let them know you care and are always there for them.
- Be clear and consistent about your expectations regarding vaping.
- Make an agreement to spend time together doing social and extracurricular activities.
- Help them create an "exit" plan in case they are offered or are faced with a difficult decision about vaping.
- Reach out to cessation services, such as the [Montana Tobacco Quit Line](#) at 1-800-QUIT-NOW (1-800-784-8669).



Western Montana Prevention Specialists

WMMHC Prevention Services teaches Montanan's skills for resisting social pressure, impact drug-related attitudes and norms, and promote personal responsibility. We offer substance use prevention programs for individuals or groups that can be in a family, school, or community setting. To learn more about prevention services in your area, contact a Prevention Specialist in your County.

Flathead County 406-751-8301
Lake County 406-565-8545
Lincoln County 406-334-8024
Mineral County 406-532-9770

Missoula County 406-532-9751
Sanders County 406-827-9067
Ravalli County 406-532-9101



www.wmmhc.org/prevention-services

Developed from information provided by the Substance Abuse and Mental Health Services Administration (SAMHSA); an agency within the Department of Health and Human Services (HHS). For references, please click on the QR code.

DISCLAIMER: This toolkit is intended only as a guide and is not a substitute for medical advice, diagnosis, treatment and/or emergency, clinical, or professional care. No toolkit can cover every scenario or be specific to any person.

