



CATCH[®]
MY BREATH

Parent Toolkit

Section 3

MIDDLE AND HIGH SCHOOL

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 **CVS**Health
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BE ~~VAPE~~ FREE

 **Discovery**
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Spot the Vapes

You see the following school supplies laying out on your child's desk. What you may not realize is that some of these "supplies" are actually e-cigarettes.

Circle the ones that you think are e-cigarettes and check your answers in the box below. **Hint:** There are 6 vaping devices.



Answers: B, C, F, G, I and J are vaping devices. Didn't do so well? Don't worry. A lot of adults struggle with spotting e-cigarettes, especially because there are continually new devices and designs.

Find more information at:

CatchMyBreath.org | TobaccoFreeKids.org | ParentsAgainstVaping.org | E-Cigarette, or Vaping, Products Visual Dictionary

Spot the Vaper

Below are 6 signs that they might be vaping.

- A sweet, fruity, or minty **smell** in their room or on their clothes
- Always **thirsty** or have **dry mouth**
- Often **make excuses** to go to the bathroom or outside during family time
- Frequent **cough** and/or **nose bleeds**
- Change in mood like being more **irritable** or **anxious**
- Change in **eating habits**

If you think your child could be vaping, talk to your child's physician and/or go to teen.smokefree.gov.