




Vaping: The Hit Your Brain Takes

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# VAPING: THE HIT YOUR BRAIN TAKES

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## LET'S TALK VAPING

### WARNING

Using nicotine while the brain is still developing is dangerous

#### Risks Include:

-Depression

-Anxiety

-Sleep problems

-Lung damage



There is so much about vaping that we don't yet know

#### Talk to your teen

- Do they understand the risks of vaping?
- Some people say that vaping is more safe than cigarettes. What do they think?
- Discuss ways to refuse.
- Discuss family expectations and consequences of use.

[PARENT VAPE RESOURCES](#)

Alana Sigurdson

River East Collegiate & Collège Miles Macdonell Collegiate, and all feeder middle years schools

✉ [asigurdson@retsd.mb.ca](mailto:asigurdson@retsd.mb.ca)

Candy Burke

Kildonan-East Collegiate, Murdoch MacKay Collegiate, Transcona Collegiate, Collège Pierre-Elliott-Trudeau, and all feeder middle years schools

✉ [cburke@retsd.mb.ca](mailto:cburke@retsd.mb.ca)