




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

Candy Burke

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

✉ cburke@retsd.mb.ca