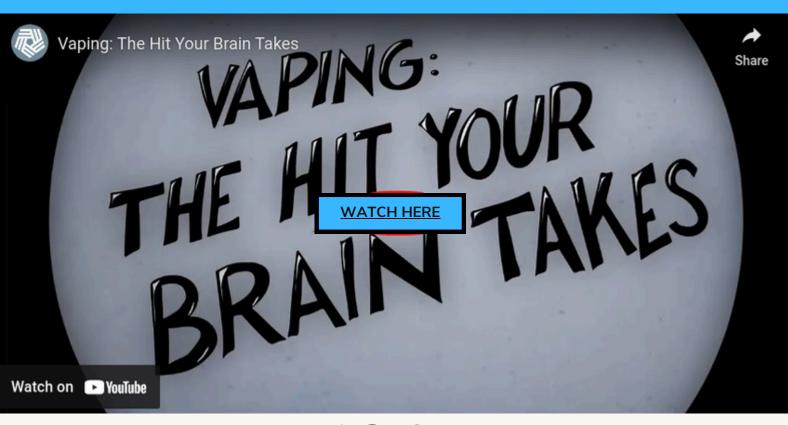
HEALTH HUDDLE| NOVEMBER 2024



LET'S TALK

WARNING

Using nicotine while the brain is still developing is dangerous



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

Risks Include:

-Depression

-Anxiety

-Sleep problems

-Lung damage

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.

RESOURCES

Alana Sigurdson

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



asigurdson@retsd.mb.ca

Candy Burke

wight out

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

cburke@retsd.mb.ca