Recognizing the Signs of Vaping: A Principal's Guide

A comprehensive checklist for principals to identify early signs of student vaping and support a vape-free lifestyle.

Physical Indicators of Vaping

- ## Sweet or Unusual Odors

  Fruity or candy-like smells on clothing, breath, or in a specific room, especially if this is a new occurrence.

- ## Increased Thirst or Dry Mouth

  Vaping can lead to dehydration, causing students to drink water more frequently.

- ## Frequent Coughing or Throat Irritation

  Vaping may irritate the throat, leading to persistent coughing.

- ## Nosebleeds

  Vaping can dry out nasal passages, sometimes leading to nosebleeds.

- ## Changes in Appearance

  Unexplained use of breath mints, gum, or cologne/perfume to cover up odors.

Vaping Paraphernalia to Look For

- **Sweet or Unusual Odors**

  Fruity or candy-like smells on clothing, breath, or in a specific room, especially if this is a new occurrence.

- **Increased Thirst or Dry Mouth**

  Vaping can lead to dehydration, causing students to drink water more frequently.

- **Frequent Coughing or Throat Irritation**

  Vaping may irritate the throat, leading to persistent coughing.

- **Nosebleeds**

  Vaping can dry out nasal passages, sometimes leading to nosebleeds.
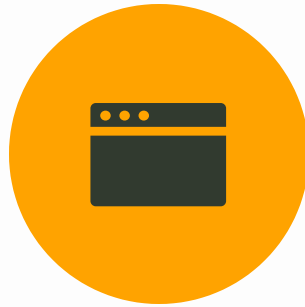
- **Changes in Appearance**

  Unexplained use of breath mints, gum, or cologne/perfume to cover up odors.
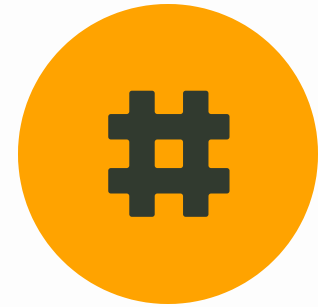
Digital and Online Vaping Indicators

Use of Vault Apps

These apps appear as regular tools (like calculators) but are used to hide images, messages, or content related to vaping.

Private or Incognito Browsing

If a student frequently uses private browsing, they may be hiding vape-related searches or purchases.

Social Media Engagement

Following vape-related content, accounts, or influencers on platforms like Instagram, TikTok, or Snapchat.

These digital and online indicators can provide additional context to detect potential vaping habits early.

Environmental Indicators of Vaping

Residue on Surfaces

Vaping aerosol can leave a slight sticky film on surfaces, mirrors, or windows.

Discarded Pods or Devices

Empty cartridges, discarded disposable vapes, or pods hidden in trash cans, backpacks, or lockers.

Unintentional Smoke Alarms

Some vape devices may trigger smoke alarms, especially in closed spaces.

By observing these environmental indicators, you can take proactive steps to detect and address vaping concerns in your school or community.

Recognizing the Signs of Vaping: A Principal's Guide

Principals play a crucial role in creating a vape-free environment for students. This checklist outlines the physical, behavioral, environmental, and digital indicators that may suggest a student is vaping, empowering educators to recognize the signs early and provide the necessary support.

VapeEducate

The Leader in Vape Education

VapeEducate.com