

HOW TO TELL IF YOUR CHILD IS VAPING THC

And What To Do About It

Vaping THC is suspected as a primary cause in the increasing number of cases of lung collapse, severe lung disease, and deaths across the country. Despite this, more and more high school students are vaping THC.

HOW IS MARIJUANA VAPED, ANYWAY?

"Vaping" is when someone inhales vapor from an oil or liquid substance that is heated in a battery-operated device called a vape. There are vapes that heat up dry leaf marijuana, marijuana wax, dab, or concentrate forms as well as THC oil e-liquids. Any e-cigarette vape can be used to vape THC, even the most popular and common vape, the Juul.

HOW DO I TELL IF MY CHILD IS VAPING THC?

Vaping THC is much harder to detect than smoking marijuana. There is no smoke and very little smell (if any at all), and the vapes are easy to conceal. Users may display typical signs of marijuana use, however. They may show changes in behavior, mood, and friend groups.

LOOK FOR VAPING PARAPHERNALIA

Vapes may look like flash drives, pens, or flashlights with cartridges or tanks attached. Look for colorful packaging and containers that contain liquids, gels, or waxy substances.



SIGNS OF MARIJUANA USE

- Bloodshot, red eyes
- Laughing at the wrong time or for no reason
- Confusing conversations and tangents
- General lack of energy
- Excessive sleep
- Increased appetite (munchies)
- Paranoia or panic attacks
- Lack of physical coordination
- Slow reaction time

WHAT IF MY TEEN IS ALREADY VAPING THC?



If you discover that your child is already vaping THC, then it is time to take action. Make sure you are on the same page with your spouse or partner before you confront your teen. You should both try to have a calm but firm conversation about your teen's drug use. Determine beforehand what the rules will be and what consequences your teen will face if those rules are broken.

HOW CAN I PREVENT MY TEEN FROM VAPING THC?

One of the best things you can do as a parent is sit your teen down and have a conversation about vaping marijuana. Ask your child about kids vaping THC at school and how they feel about it.



TALK GUIDELINES:

- Know the facts about vaping THC before you start.
- Be patient and listen; you want a conversation, not a lecture.
- Look for natural opportunities to talk about vaping THC, such as passing a vape shop or smelling marijuana on the street.
- Show interest and concern, and try not to blame or accuse your child.
- Set a positive example by being drug-free yourself.

IF NOTHING ELSE WORKS, SEEK PROFESSIONAL HELP.

If your child continues to vape THC to the point of dependence, have them examined for signs of drug use and other health issues by a doctor. You might also seek the advice of an addiction specialist. Addiction professionals have the experience and resources to suggest further treatment options for your child.