

# STUDENT ATHLETES & VAPING

## *Strategies for Prevention & Intervention*



## UNDERSTAND THE RISKS

As a coach or educator, you have a unique opportunity to guide students in understanding the risks and long-term consequences of vaping. Staying informed and up-to-date on the latest research will empower you to effectively communicate these concerns to your students and promote healthy team culture in your athletic departments.

## RECOGNIZE VAPE DEVICES

Learn to identify different vape devices, including "stealth" e-cigarettes that might resemble everyday items like smartwatches, highlighters, pens or gaming devices. Understanding how these devices work will help you spot them more easily.

## INCORPORATE VAPING PREVENTION

Integrate discussions about the dangers of vaping into your curriculum and coaching routines. Many schools use programs like our online course **Nicotine 101**, either as a requirement or with incentives, to incorporate prevention into physical fitness, conditioning, nutrition, or game preparation.

## USE REAL-LIFE EXAMPLES

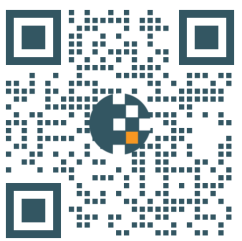
Share cautionary tales of other young athletes who have been impacted by vaping. Incorporate these stories into your lessons or practice sessions. Encourage students to research and discuss how vaping affects youth athletes as a group project or class assignment.

## RECOGNIZE SIGNS OF ADDICTION

Just as you can spot when an athlete is fatigued or a student is distracted, you can also learn to identify signs of nicotine addiction. Look for symptoms like an inability to stop vaping or anxiety and irritability when not vaping—indicators that a teen may need support.

## ENGAGE WITH PARENTS

Communicate with parents and caregivers about your efforts to educate teens on the risks of vaping. Bring up the topic during parent-teacher conferences, after practice, or at PTA meetings. Share useful resources so parents can continue the conversation at home.



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