

# HELP YOUNG ATHLETES DEFEAT VAPING

## TIPS FOR COACHES AND TEACHERS

### Study the opposition.

Get the facts about vaping and share them with your students and athletes. Visit the resource center at [www.fda.gov/youthvapingresources](http://www.fda.gov/youthvapingresources).

### Know the lineup.

Learn how to identify vapes and “stealth” e-cigarettes. They can look like other objects, such as smart watches.

### Defend against youth vaping.

Be proactive and explain the dangers of vaping as part of your teaching and coaching strategies.

### Study the film.

Take time during class or practice to watch and discuss the “My Vaping Mistake” series (found at [www.fda.gov/youthvapingresources](http://www.fda.gov/youthvapingresources)). You’ll see real stories about how vaping negatively affects the lives of teens, including their sports performance.

### Learn how to spot symptoms of nicotine addiction.

Learn to identify the signs of vape use and nicotine addiction, such as anxiousness or irritability due to cravings when not vaping.

### Lead by example.

Be tobacco-free around your students and athletes. If you need help quitting, visit [smokefree.gov](http://smokefree.gov).

### Foster a team spirit.

Urge your students and athletes to support their peers’ efforts to make healthy choices. Encourage open discussion about vaping and its effects on athletic and academic performance.

### Huddle with parents.

Tell parents and caregivers that you’re talking to their children about the risks of vaping and share resources with them.

**Give young athletes their best chance to succeed.  
Help them defeat vaping and nicotine addiction.**



To learn more about youth vaping, visit [www.fda.gov/youthvapingresources](http://www.fda.gov/youthvapingresources) or scan the QR code.

