

How to Talk with your Kids About Vaping

As a parent, you have a great impact on your kid's actions. It is important to talk with them about vaping.¹

BEFORE THE TALK²

Know the facts

- Get reliable information about vaping and young people
 - Search online for resources like:
 - › The Truth Initiative³
 - › Stanford Vaping Prevention Toolkit⁴
 - › American Lung Association Conversational Guides⁵
 - Talk to a health care provider
 - Contact Kick It California⁶

Understand why

- Kids start vaping for many reasons
 - Curiosity
 - Peer pressure
 - Flavors
- Kids keep vaping for many reasons
 - To deal with things like boredom and anxiety
 - To avoid withdrawal symptoms
 - To fit in

Be ready to listen

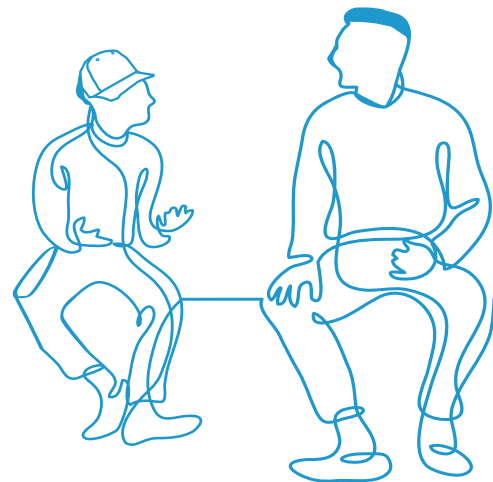
- Your goal is to have a talk, not a debate
 - Try not to judge
 - Get their viewpoint

- Keep an open mind

START THE CONVERSATION^{1,2}

Find the right time and approach

- Look for ways to start talking naturally
 - Seeing someone vaping
 - Passing a vape shop
 - Seeing a vape ad
 - Getting a letter from school about vaping rules
- Try using open-ended questions
 - What do you know about vaping?
 - What do you think about vaping?
 - How does vaping make you feel?
- Be a good listener
 - Repeat what you heard them say
 - Convey you understand, even if you don't agree



ANSWER THEIR QUESTIONS²

Offer honest and science-based information.¹ Here are some ideas:

- What's wrong with vaping?
 - Most vapes have nicotine which can cause addiction
 - Your brain is still developing, which means you are more at risk for addiction
 - Vapes can also affect things like memory and how well you can focus
 - When you vape, you breathe in tiny particles of heated chemicals that can harm your lungs
- Aren't vapes safer than cigarettes?
 - Most experts agree that vapes are safer than cigarettes, but they are not actually safe
 - › This is true because many vapes have nicotine and other chemicals that can be harmful
 - Let's look at some information on vaping together and see what you think
- I've already tried vaping, why is it a big deal?
 - Thanks for being honest with me
 - Vaping once may not be a problem, but it could be the start of a habit
 - I am concerned about your health because we still don't know the long-term risks of vaping
 - At your next doctor's visit, how about if we ask them about the risks of vaping?

KEEP THE CONVERSATION GOING²

Not one and done

Try to have these conversations often and calmly. Remember to...

- Connect and encourage
- Remind and repeat
- Share facts and resources

**Call for FREE help to quit vaping!
1-800-300-8086**

¹ Partnership to End Addiction. *Vaping Guide For Families* (2021).

² U.S. Surgeon General's Report: *Know the Risks: E-cigarettes & Young People. Parent Tip Sheet* (2021).

³ www.thisisquitting.com.

⁴ <https://med.stanford.edu/tobaccopreventiontoolkit>.

⁵ www.thevapetalk.org

⁶ 1-800-300-8086 - kickitca.org