

VAPING CONVERSATION GUIDE

A Parent Guide



Before The Talk: Get The Facts

- **Misinformation about vaping is everywhere. Two thirds of teens don't even realize that e-cigarettes contain addictive nicotine.**
- **Before the conversation, get comfortable with the key dangers and potential motivations for kids to vape. You may not feel like an expert, and that's okay. Expressing care and concern is one of the best ways to support your child.**

Vaping nicotine can alter teen brain development



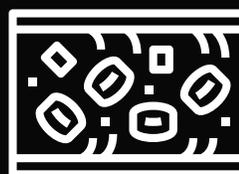
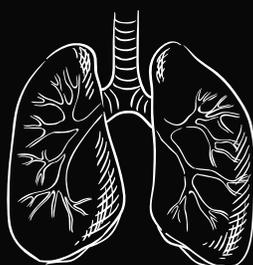
Risks of nicotine

Nicotine is a highly addictive chemical. Youth are especially susceptible to its negative effects, as it can alter their brain development and can affect memory and concentration. It can also lead to addiction and physical dependence. Children and youth may become dependent on nicotine more rapidly than adults.



Although not all vaping products contain nicotine, the majority of them do, and the level of nicotine can vary widely. Some vaping liquids have low levels, but many have levels of nicotine similar or higher than in a typical cigarette. Quitting vaping can be challenging once a teen has developed an addiction to nicotine. Nicotine withdrawal symptoms can be unpleasant.

Cycle Of Vaping



- 1 Vaping liquid, which contains chemicals, is heated to become an aerosol
- 2 The aerosol is inhaled through the mouth and lungs where it is absorbed into the bloodstream
- 3 The remaining aerosol is exhaled

Conversation SAVE lives...

A Parent Guide

While you are talking to your child:

- **Acknowledge your child's independence.**
 - **Your children make good decisions every day. Abstaining from vaping could be one of them.**
 - **Thank them for their responsibility and appeal to their good judgment.**



- I'm really proud that you make good decisions. I trust you. I'm here to help answer any questions you have about vaping.
- Ask for their perspective.
- Hear their side of the story first. It's good to know what they find appealing or unappealing about it. If they're interested in trying it, ask why.
- Ask them open-ended questions rather than yes or no questions. This will help them open up, be engaged and be less defensive.



- How do you feel about vaping?
- Be ready to hear that your child may have vaped.
- A much higher percentage of kids have tried vaping than most parents recognize. There is a distinct possibility that your child has experimented with vaping.
- Make sure to start by thanking them for being honest. This is key for continuing an open conversation and relationship of trust. Explain that your motivation is protecting and caring for them.



- I want you to know how much I appreciate your honesty. I'm concerned because I care about you and your health.
- Blame Big Tobacco, not your kid.
- Your child is the target of Big Tobacco advertising, devised to intentionally hook a young audience on nicotine, and make them customers for life. The same companies who funded and promoted cancer-causing cigarettes are the same ones behind many vape products like JUUL.
- Remind your kid that you are both on the same side when it comes to Big Tobacco.



- Do you know why JUUL pods and other cartridges come in fruity flavors? They were intentionally created to hook kids.
- Avoid scare tactics.
- It's good to share your concerns, but don't make the mistake of losing your child's attention with dramatic claims.
- Equating vaping with other temptations or illegal drugs actually reduces your credibility and chances of connecting with them.

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- I know that trying it once won't kill you, but vaping is harmful to your lungs, your body and addictive. Why take the risk?
- Connect with what they care about.
- Make their concern personal. Explain how vaping can prevent them from achieving their future goals.
- Use information from our trusted sites to point out how proven physical damage to lungs and brain will affect any athletic aspirations. Illustrate how vaping takes an invisible toll on mood, memory and attention span, impacting academic or career goals.



- You know that vaping can damage your lungs, making it harder to play sports you love like soccer.
- Are you sure you want to risk something you love?

After you talk:

Say thank you.

Let your child know that you appreciate them for listening, for their honesty and for continuing to make the right decisions.

Ending the conversation on a note of trust will make it easier for them to talk to you when they have questions or need advice.



- I appreciate you for handling this so maturely. I know this stuff can be scary or confusing. I just want to help you make safe and informed decisions.
- Help your child manage stress.
- Unfortunately, stress is universal and can be experienced at a young age.
- Talk to your kid about any larger concerns or pressures they may be feeling. Make sure they have healthy outlets for relief.



- If you ever feel frustrated or overwhelmed, know that I'm always here to listen.
- Help your child manage peer pressure.
- One of the largest motivating factors of youth vaping is influence from friends or classmates.
- Consider rehearsing or role playing to give your kid the social tools to refuse tobacco products. Offer some quick facts or an anecdote that they may feel comfortable sharing