



1

Later Today You'll Get

- Recording of the webinar
- Certificate of attendance
- Link to the survey

2

We are a nonprofit and it is our mission to love and support parents by providing real-world information, connection, and hope.

3

**Beyond 'Don't Do It':
Real Talk About Youth Substance Use & Intervention**

Bonnie Halpern-Felsher, PhD, FSAHM

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Upcoming Webinars

Helping Youth Heal: Support Through Family Addiction, Trauma & Stress
Trish Luna
July 8

Talk Early, Talk Often: Prevent Underage Substance Use
MADD & Dr. Robert Turrisi
August 26

operationparent.org/webinars

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Dr. Bonnie Halpern-Felsher

- Founder/Executive Director of the Stanford REACH Lab
- International expert in adolescent substance use research, prevention/intervention, and advocacy
- Development Psychologist
- Marron and Mary Elizabeth Kendrick Professor in Pediatrics II


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Stanford Reach Lab

- Lab was founded and is directed by professor Dr. Bonnie Halpern-Felsher.
- Lab includes 15 full time members comprising researchers, educators, public health professionals, and graphic designers. We also receive consultation from a public health lawyer, an adolescent medicine physician, and a psychiatrist specializing in addiction.

Accomplishments

- Research has led to several city, county, state, and federal policies concerning tobacco/nicotine, cannabis, and other drugs.
- Youth-focused drug preventions and interventions have reached over **4.5 million youth** across the US and globe



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Key Takeaways

- 1 Understand different nicotine/tobacco and cannabis products adolescents are using
- 2 Understand health harms associated with these drugs
- 3 Understand why a "just say no" approach doesn't work, and resources to instead help adolescents and parents "say know"

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Vapes / Nicotine & Tobacco Products



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What's in Vape?

E-cigarettes contain nicotine, ultrafine particles, heavy metals, and volatile organic compounds.



Diacetyl
(butter flavor)



Toluene
(paint thinner)



Benzene
(gasoline)



N-Nitrosomonocotine
(pesticides)



Cadmium
(batteries)



Nickel
(cheap jewelry)



Formaldehyde
(dead tissue preservative)



Nicotine
(tobacco)



Lead
(car batteries)



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CIGS IN AN E-CIG

1 Pack of Cigarettes
= -22mg of Nicotine



AMOUNT OF NICOTINE IN
~20
CIGARETTES

1 JUUL Pod
= -41.3mg of Nicotine



AMOUNT OF NICOTINE IN
~37
CIGARETTES

1 Vuse Pod
= -90mg of Nicotine



AMOUNT OF NICOTINE IN
~82
CIGARETTES

1 Elf Bar
= -650mg of Nicotine



AMOUNT OF NICOTINE IN
~590
CIGARETTES





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THE MORE YOU KNOW
OUR CONCERNS ABOUT ZYN

WHAT IS ZYN?
ZYN is the name of a popular brand of oral nicotine. ZYN are oral nicotine pouches that contain pre-portioned amounts of oral nicotine pouches.

ZYN comes in many flavors including menthol, citrus, coffee, and many more, in small discrete packages.

Some people and parents have questioned ZYN with terms such as "Zynies," "Zynies," "Zynabites," along with "Zynfluencers," who are helping to promote ZYN use.

- Comes in 3mg and 6mg nicotine pouches
- Pouch is placed between the upper lip ("upper deck") or lower lip ("lower deck") and gum.
- One 6mg pouch equates to about 2-3 cigarettes
- Each tin contains about 15-20 nicotine pouches

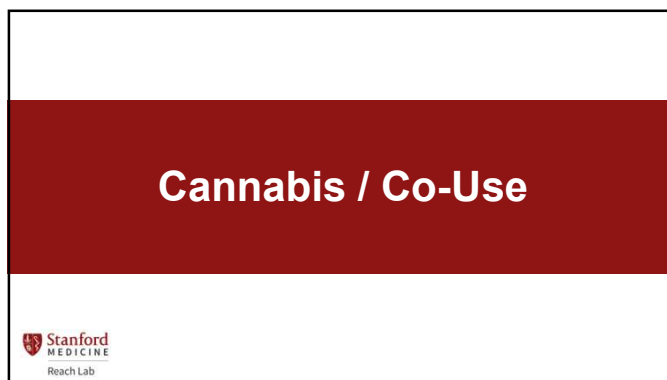
HOW NICOTINE POUCHES AFFECT YOU

- NICOTINE ADDICTION
- SORE GUMS & MOUTH
- MENTAL HEALTH
- ABDOMINAL CRAMPS
- NAUSEA

Learn more by visiting smart.com/stanfordzyp

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THC Concerns

Today's cannabis is a lot stronger than its predecessors
Cannabis available today contains more than 10 times as much THC, on average, than it did in the 1970s

- Today's 1 joint = "yesterday's" 10 joints
- Different methods, different risks
- Difficult to determine the amount of THC being consumed

SOURCE: NIDA POTENCY MONITORING PROGRAM, UNIVERSITY OF MISSISSIPPI

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Delta 8 Cannabis

- Synthetic form of cannabis
- Less potent form of cannabis, derived from hemp
- Extracting the THC from the hemp plant



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Hemp

- Plant in the botanical class of Cannabis sativa
- Very low THC levels
- Used for fibers, creams, and other goods
- Legal in its natural form
- Edible hemp products are legal to sell and use with no age limit, if derived from raw hemp with THC less than 0.3%
- Inhaled hemp illegal in some states



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Intoxicating Hemp

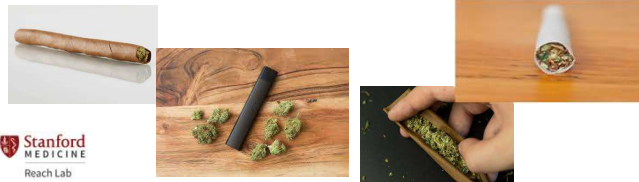
- Chemically altered to increase the THC levels to intoxicating levels, similar to Delta 9 cannabis
- Inhalable and edible forms
- Because derived from legal hemp, the regulation of intoxicating hemp has been vague; many loopholes



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What is Co-Use?

- Use of cannabis and tobacco at the same time
- Use of cannabis and tobacco within a short period of time (chasing)
- Ever or past 30-day use of both types of products



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Rates of Co-Use

- Past 30-day co-use of tobacco and cannabis is highly prevalent
- 5-30% of adolescents and young adults (AYAs) in the United States engage in co-use
- Some studies suggest co-use is more prevalent than sole-use of either tobacco or cannabis



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Products and patterns through which adolescents, young adults, and adults initiate co-use of tobacco and cannabis

Devin M. McCauley¹, Jessica Liu², Shivani Mathur Galla^{3,4}, Bonnie Halpern-Felsher⁵

- Among a national sample of 13-40 year olds:
 - 38.4% reported use of both tobacco and cannabis in the past 30 days.
 - 70.9% used tobacco **first** in their lifetime (66.6% < 21; 71.7% 21-24; 76.6% > 24).
 - 60% who initiated co-use with tobacco reported nicotine e-cigarettes as their first tobacco product (63.3% < 21; 66.7% 21-24; 49.6% > 24).



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New Study: Co-Use and Mental Health

- Nearly 1 in 3 reported past 30-day co-use and half screened positive for depression
- Screening positive for depression was more likely among:
 - Past 30-day co-users versus tobacco-only or cannabis-only users.
 - Past 30-day e-cigarette, cigarette, chewed tobacco, and blunt users.
- Those who were depressed commonly used nicotine e-cigarettes and smoked cannabis.



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Fentanyl



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Youth and Illicit Fentanyl

- Youth deaths largely driven by counterfeit pills containing fentanyl
- Most youth who overdose don't have an opioid, or any drug, addiction or misuse
- Most youth are unaware that the pill contains fentanyl
- Often youth were seeking a pain or anti-anxiety pill...



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The Fentanyl Overdose Crisis



Penny

Grain of Rice

Lethal Dose of Fentanyl



safety first

A lethal dose of fentanyl is equivalent to less than a grain of rice



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Adulteration & Access

hub **WOULD YOU KNOW THE DIFFERENCE?**

You asked for a 2 mg Xanax bar to help you feel calmer.

What you might get is a counterfeit Xanax that is laced with fentanyl.

Fentanyl is a deadly synthetic opioid that is 50 - 100 times stronger than morphine and can cause an overdose.

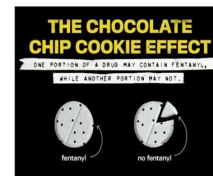
If a doctor didn't prescribe it and a pharmacy didn't dispense it, DON'T TAKE IT.



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Limits of Fentanyl Testing

- Tests only tell you presence or absence of fentanyl but not the amount of fentanyl
- Does not detect other drugs that are used in combination with fentanyl
- Does not test for all fentanyl analogs



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What To Do in the Event of an Overdose

Naloxone (Narcan) can reverse opioid overdoses and is carried by EMTs

Good Samaritan Laws protect those who call 911 for help



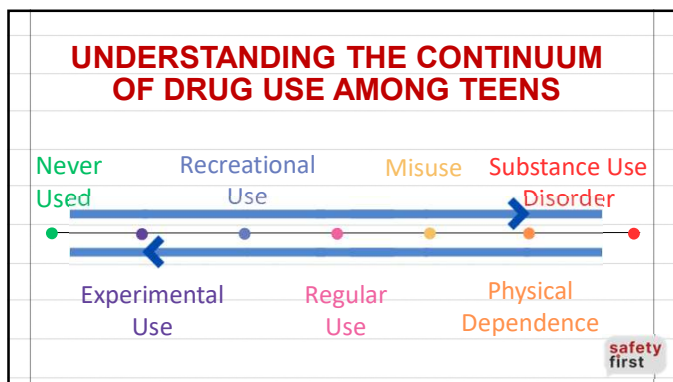

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Why Youth Use Drugs?

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Put Yourself In Teen's Shoes!







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How Do Young People Make Decisions?



Benefits

Risks

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What are perceived benefits of using substances?

Cannabis

- Feels good
- Relaxing
- Social ice breaker
- Spiritual experience
- Break from painful connections to others/community
- Coping method

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In addition to perceived and potential real benefits of using, there are potential risks to “saying no”

“What are some perceived risks about saying “no” to _____?”

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Why Youth Use

- Flavors
- Easy to hide
- Marketing
- Access
- Misperceptions
- Stress

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Flavors of Vapes

15,500 tobacco flavors and counting

MS, BODDER SUGAR, BANANA BUTT, HONEY DOO DOO, BARNEY PEBBLES, DRAGON'S BLOOD, D

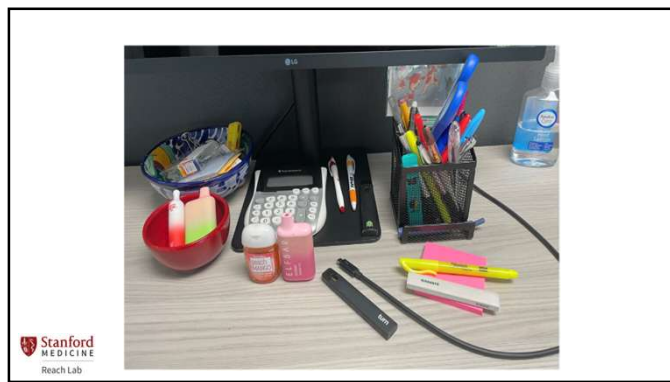
Chicken & waffles

Chocolate Strawberry

MILK CHOCOLATE

XEO

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Marketing

High Light OFFICE 4
4000 PUFFS | RECHARGEABLE | 20 FLAVORS

V-PLAY THE FIRST VAPENTAINMENT SYSTEM

RISO MINI CUP

GETTING ANSWERS
FDA ISSUES ILLEGAL E CIGARETTE WARNING
10 ONLINE RETAILERS WARNED ABOUT MARKETING TO MSB


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POP QUIZ!

What is the legal age to purchase tobacco?

18 19 20 21 22



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POP QUIZ!



What is the legal age to purchase tobacco?

21!!!

TOBACCO

eighteen twenty-one



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DID YOU KNOW?


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The minimum legal age to purchase tobacco/nicotine in the US is...

*This includes e-cigarettes, cigarettes, and oral nicotine products like 21s.

- 18 1. There is a common misconception that the legal age to purchase tobacco is still 18.
-  2. Using tobacco before age 21 negatively impacts the brain's development.
-  3. Helping adolescents gain awareness of Tobacco 21 laws can discourage access and use.
-  4. Spreading the word to teens about Tobacco 21 can encourage youth to stay tobacco/nicotine free!


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Mental Health Issues


- Youth are incredibly stressed
- More than 44% of students reported feeling sad or hopeless about themselves in 2021, which is a substantial increase compared to 34% in 2019 (YRBS)
- 25% of high school students expressing suicide ideation (YRBS)
- Youth are more likely to use substances when feeling stressed, depressed, and anxious




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Stress and the Body


safety first




Sleeping too little or too much or having low energy




Physical symptoms like headaches or stomachaches





Feeling unusually confused, on edge, or scared



Sick more often than usual



Inability to perform daily tasks





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Mental Health and Self-Medication

safety first

- We may respond by choosing activities that we think will help us reduce the stress like using drugs.
- Self-medication is when someone uses substances to repeatedly and consistently deal with stress, anxiety, or other mental health issues



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Summary: Perfect Storm to Addict Youth

- Stealth/youth-focused products
- Very high nicotine levels
- Misperceptions of harms
- Flavors
- Packaging, ads
- HARMFUL**

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So, what can schools do?



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Person-centered Drug Education

- Based on how students learn and make decisions
- Keeping students safe by empowering them to make informed decisions
- Based in factual science
- Meeting students where they're at



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Reach Lab Resources

Prevention Toolkits



Resources and Flyers



QR code: 

All available online and FREE

stanfordreachlab@stanford.edu

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Why interventions vs traditional discipline strategies?

SWITCHING THE DISCIPLINE MINDSET

APPROACHING DISCIPLINE WITH A RESTORATIVE MINDSET

Punitive Discipline	Restorative Discipline
Public Teachers use loud, strict voices to call out students who are misbehaving.	Private Teachers speak privately to students who need reminders in order to behave.
Anger Teachers seem angry and blame students when they misbehave.	Understanding Teachers use a gentle tone and show understanding when students misbehave.
Punishment Good behavior is based on fear of punishment.	Reflection Good behavior is based on an internal desire to do well.

Teachingexperiment.com

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Why interventions vs traditional discipline strategies?

SWITCHING THE DISCIPLINE MINDSET

APPROACHING DISCIPLINE WITH A RESTORATIVE MINDSET

Punitive Discipline	→	Restorative Discipline
Fear <small>Teachers command respect through warnings and threats.</small>	→	Respect <small>Teachers gain respect by modeling it for their students.</small>
Rules <small>Teachers enforce rules to keep students quiet and working.</small>	→	Engagement <small>Classes are engaging so students want to work. Conversations is allowed.</small>
Control <small>Teachers tell students when they're doing something wrong.</small>	→	Support <small>Students reflect on their behavior and consider changes they can make.</small>

Teachingexperiment.com

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Suspension is Not the Answer

- How a community/school responds to tobacco use can influence tobacco use behaviors
- Suspension is not the answer
- Best way to help youth using at school is to help them quit

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Countering Zero Tolerance & Working with Schools

- Depending on district/school, might take some work
- Show the literature and numbers
- Provide evidence of these programs (lets evaluate them together!)
- Educate your schools
- Discuss cost effectiveness: suspension vs education/treatment

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What You Can Do

Suspend/Expel

- Prevention
- Intervention
- Cessation

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Interventions

- Secondary prevention
- Alternative-to-suspension programs
- Cessation programs

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Effective Components

- Theory-based
- Use motivation interviewing and brief intervention
- Set a quit date
- Interactive
- Teaching and role-playing refusal skills
- Address industry-sponsored targeted marketing, flavors, and health effects

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Alternative to Suspension Programs

- For students caught vaping
- Help educate students
- Help move youth towards quitting



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Healthy Futures



- Developed by the Stanford REACH Lab team
- Geared for students who have been caught using **e-cigarettes OR cannabis**
- School-based, or individual-based
 - 2- and 4-hour sessions
 - Describe the health problems
 - Develop an individualized plan for setting goals related to his/her use
 - Access resources to quit
 - Evidence-informed



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Prevention Programs

- Ever, recent, and never users
- Education, refusal skills
- Interactive content
- Address flavors, marketing, peer influence, misperceptions of harm...
- Adaptable and accessible
- Ideally fully online or web-based
- Free of cost – helps with wider dissemination and implementation of programs



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Industry-Sponsored

- NO substance use prevention program should be developed and implemented by the tobacco or e-cigarette industry.
- Such program content and delivery will be adversely affected by bias towards commercial interests of the industry.
- Tobacco companies have had a history of using tobacco prevention programs as a guise for inherently promoting their own agenda and further promoting their products to adolescents.



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So, what can parents do? Be in the know



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Goal

- Normalize drug education communication not normalize drug use!
- Conversation, not a confrontation! Not a lecture!



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Starting the Conversation

- Goal: Have a conversation, not a lecture
 - Find the “right time”
 - Be patient and listen
- Avoid “we need to talk” or “you don’t use, right!?!?”
- Use the right words
- Realize that you might not learn immediately whether teen is using; might need more than one conversation



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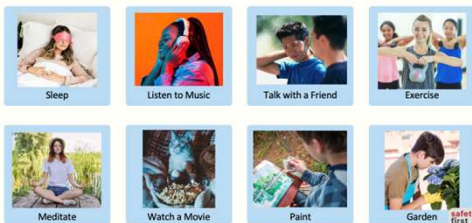
Managing Stress

Analyze where the stress is coming from and make the journey to a healthier you!



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Healthy Options for Coping with Stress



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So, what can communities do?

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Drug Use, Stigma, and Mental Health

Stigma: a mark of disgrace or shame associated with a person or group of people.

Stigmas can lead to people being stereotyped and discriminated against.



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Communities

- Not sell nicotine, cannabis, and other products near where youth reside or go to school
- Offer safe places for youth to hang out (instead of use drugs)
- Have Narcan available in all community public spaces (e.g., libraries, community centers)



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Parent Action Network

<https://learnaboutsam.org/pan/>

CREATING FAMILY LEADERS
Empowering those having experiences with a loved one's marijuana use to advocate for healthy drug policies.

FORTITUDE
Turning tragedy into action.

A podcast by the Parent Action Network (PAN), a division of Smart Approaches to Marijuana (SAM), dedicated to amplifying the voices of parents whose lives have been devastated by the harmful effects of marijuana. Each episode features personal interviews with parents sharing their heart-wrenching stories of loss, addiction, and the impact on their families. Through these powerful narratives, PAN aims to educate, inspire, and mobilize listeners to take action against the widespread dangers of marijuana use.

Educate. Empower. Engage.

Today marijuana is not the "woodcock weed" of the past when THC potency hovered around 2-3%. Today's marijuana has been engineered to maximize THC potency with many dispensaries selling products that are up to 30% THC, often delivered through products

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PAVE
PARENTS AGAINST VAPING & E-CIGS

Clear the Vapor Conversation Schools In, Vapes Out PAVs Educates Vapes Are Trash Podcast Donate

Home About Do Something News Resources Teens Contact

DON'T GET PLAYED
The e-cig industry wants to hook you. You can help stop them.

Resources for Schools & Educators

QUITTING RESOURCES

RESOURCES for PARENTS

Recursos en Español

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PAVe Community Educator

Parents Against Vaping (PAVe) offers a Community Educator training program that empowers adults to educate their communities about the dangers of youth vaping. This 1.5-hour session prepares participants to deliver a one-hour, fact-based presentation covering:

- Health risks of vaping
- Tactics used by the vaping industry
- Warning signs of youth vaping
- Effective communication strategies with youth
- Trusted resources for parents and caregivers

• **Participants will receive step-by-step guidance on delivering the presentation and, after signing a volunteer agreement, will gain full access to PAVE's online toolkit of educational materials.**

• **Kentucky adults interested in becoming trainers and helping prevent youth vaping in their communities should contact their Regional Prevention Center.**

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National Organizations

Parents Against Vaping (PAVe): <https://www.parentsagainstvaping.org/>

Truth Initiative: <https://truthinitiative.org/>

REACH Lab: <https://med.stanford.edu/halpern-felsher-reach-lab.html>

Campaign for Tobacco-Free Kids: <https://www.tobaccofreekids.org/>

#iCANendthetrend: <https://education.uky.edu/icanendthetrend>

Text QUITNOW to 333888 (for those 18 and older)

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OP Webinars

youtube.com/@operationparent

Unpacking the Risks of Modern Marijuana
with Laura Stack

Vaping in 2025: What's Changed & What Parents Need to Know
with Dr. Aaron Weiner

operationparent

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Reach Lab Resources

Prevention Toolkits

Resources and Flyers

Dimension: 8.5" x 11" Download

Dimension: 8.5" x 11" Download

All available online and FREE

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Dr. Bonnie Halpern-Felsher

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Podcasts

Stanford REACH Lab in the News
 • <https://med.stanford.edu/halpern-felsher-reach-lab/in-the-news.html>

To Keep Kids Off with *Bright Bold & Real*
 • <https://www.bbrconsulting.us/podcast/bonnie-halpern-felsher>


Teen Nicotine Use with *SciLine*
 • <https://www.sciline.org/health-medicine/nicotine-use-in-teens/>

Addressing Adolescent Addiction with *The Addicted Mind*
 • <https://theaddictedmind.com/episode-316-addressing-adolescent-addiction-insights-on-e-cigarettes-vaping-and-mental-health-with-dr-bonnie-halpern-felsher/>



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SUBMIT YOUR



QUESTIONS

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PARENT HANDBOOKS: YOUR GUIDE TO MEANINGFUL CONVERSATIONS!

"The parent handbook is fantastic! A real gem of a resource for all parents, and really anyone working with youth."
 -Dr. Bonnie Halpern-Felsher



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Our **evidence-based** Parent Handbooks give parents and caregivers the **confidence** to navigate today's toughest parenting challenges



Middle/High: \$14.99
 Elementary: \$9.99

Bulk pricing available

GET YOURS AT
operationparent.org/shop



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Drug Prevention Event

This toolkit contains everything you need to host and promote a successful drug prevention event.





products@operationparent.org

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Alternative to Suspension Programs

Healthy Futures

Stanford REACH Lab

- Geared for students who have been found using e-cigarettes OR cannabis and/or for any students who are interested in trying to quit. This program is packed with a self-paced lesson, a group 2- or 4-hour teacher or counselor-led curriculum, quitting resources, and more!

<https://med.stanford.edu/halpern-felsher-reach-lab/preventions-interventions/healthy-futures.html>

Prevention Programs

<https://med.stanford.edu/halpern-felsher-reach-lab/preventions-interventions.html>



Evidence-based curriculums and resources aimed at preventing students' use of tobacco and nicotine.



Evidence-based curriculums and resources created by educators, parents, and researchers aimed at preventing students' use of cannabis/marijuana.

INDEPTH

American Lung Association

- Interactive program, teaches students about nicotine dependence, establishing healthy alternatives and how to kick the unhealthy addiction that got them in trouble in the first place
- Four, 50-minute sessions

<https://www.lung.org/quit-smoking/helping-teens-quit/indepth>

Cessation Programs

My Life My Quit

National Jewish Health

Texting/Quitline Support

<https://mylifemyquit.com>

EX Program

Truth Initiative & Mayo Clinic

Texting Program

<https://www.exprogram.com>

Not on Tobacco (N-O-T)

American Lung Association

Group Trainings

<https://www.lung.org/quit-smoking/helping-teens-quit/not-on-tobacco>

SmokefreeTXT for Teens

National Cancer Institute

Text **QUIT** to **47848**

<https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup>

**FREE
RESOURCES!**

Stanford REACH Lab offers free curriculums and resources for prevention, education, harm reduction, intervention, and cessation on: vaping/e-cigarettes, cannabis, alcohol, opioids/fentanyl, psychedelics, and other drugs.

We offer **FREE trainings** on ALL of our curriculums! If interested, visit: tinyurl.com/reachtrainings



OUR TEAM



DATA DASHBOARD FOR EDUCATORS AND ADMINISTRATORS

We have developed and launched a data dashboard for educators, where you can see, in real time, anonymous student survey responses related to the curriculums and interventions you are implementing.

tinyurl.com/reachlabdatadashboard

Access our 30+ infographics on our Lab Resources page!



Connect with us!



stanfordreachlab.com



@stanfordTPT



tinyurl.com/REACH-LinkedIn



@stanfordreachlab



**Stanford
MEDICINE**
REACH Lab

**FREE Evidence-informed
and evidence-based
drug prevention and
intervention resources**

**TOBACCO
PREVENTION
TOOLKIT**

**Cannabis Awareness
& PREVENTION
TOOLKIT**

**DRUG PREVENTION
& INTERVENTION
TOOLKIT**

RESOURCES

Available in English & Spanish!



HARM REDUCTION & INTERVENTIONS



Healthy Futures

Self-Paced or Group Led Alternative-to-Suspension and Cessation Program.
(*Nicotine & cannabis* versions)

Available in Spanish!



Safety First

Comprehensive Harm-Reduction-Based, Drug Intervention Curriculum on Alcohol, Opioids/ Fentanyl, Psychedelics, & More.

Available in Spanish!

PREVENTION, EDUCATION, & AWARENESS CURRICULUMS

TOBACCO/NICOTINE

Tobacco prevention curriculums focused on how tobacco impacts brain development, overall health, and targeted marketing (e.g., LGBTQ+, women, and people of color).



You and Me, Together Vape-Free

Elementary (2 lessons)
Middle (6 lessons)
High school (6 lessons)

Available in Spanish!



Healthy Habits, Healthy Planet

Middle & high school
(3 lessons)



Menthol Lesson

(1 lesson)



Smokeless Tobacco 101

Middle & high school
(1 lesson)



Hookah 101

Middle & high school
(1 lesson)



Un-PACK-ing Cigarettes

Middle & high school
(1 lesson)

Cigarette Prevention Lesson



CANNABIS

Cannabis prevention curriculums focused on how tobacco impacts brain development, overall health, and targeted marketing (e.g., LGBTQ+, women, and people of color).



Smart Talk: Cannabis Prevention & Awareness

Elementary (2 lessons)
Middle (5 lessons)
High school (5 lessons)

Available in Spanish!



The PRIDE Curriculum

Middle & high school
(4 lessons)

* Co-use of *nicotine & THC*



OTHER DRUGS

Curriculums focused on fentanyl, hallucinogens, opioids, overdose prevention, and more.



Fentanyl Awareness and Overdose Prevention

(1 lesson)



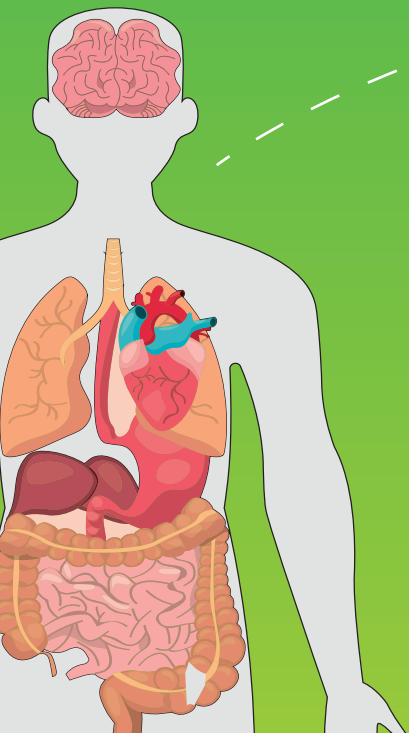
FLYERS & INFOGRAPHICS

Access our 30+ infographics on our website's resources page: resources.stanfordreachlab.com



THE MORE YOU KNOW

Risks of E-Cigarette and Vape Pen Use



HEALTH EFFECTS ON THE BODY



Nicotine use in adolescence and early adulthood causes changes in the brain that make **life-long addiction** much more likely for young e-cig users.



Ear, eye, and throat irritation is common among e-cig users.



Science shows that nicotine negatively affects the cardiovascular system, meaning that use of e-cigs can lead to cardiovascular (heart) diseases.



Science shows that aerosols produced by chemicals in e-cigs, including the flavors themselves, can be harmful to the lungs, resulting in asthma, bronchitis, & lung collapse.



GETTING THE FACTS

MYTH: E-cigs are a healthy alternative to cigarettes because they produce water vapor.

FACT: In reality, they create aerosols containing extremely harmful chemicals and they are **NOT a safe alternative.**

MYTH: E-cigs have very minimal health impacts on those who choose to use.

FACT: Studies show that using e-cigs is associated with use of other tobacco products which cause **cancer & heart disease.**

MYTH: There is no hard evidence that e-cigs are bad for you.

FACT: E-cigs are still new so many long-term health impacts are still unknown. Even still, mounting evidence shows that **they are not harmless.**



EFFECTS ON THE ENVIRONMENT

E-cigs often have a lithium-ion battery. When these batteries are thrown in normal trash, they are crushed & **can create fires.**

E-cigs contain plastic, which breaks down into micro-plastics that **can infiltrate the ocean and harm the environment.**

E-cigs are **not biodegradable** and they are harmful to the environment.



PROPER DISPOSAL:

California: Household hazard waste product program (<https://calrecycle.ca.gov/homehazwaste/directory/>)

Outside of California: Check with your local county household waste removal program



Learn more by visiting:
stanfordreachlab.com



American Lung Association

Talk About (<https://lung.org/quit-smoking/helping-teens-quit/talk-about-vaping>)
Vaping

Vaping Conversation Guide

You can play a significant role in protecting your child from the dangers of vaping and nicotine dependence. Maintain an open line of communication with your kid, and use the tips and suggestions below as a framework for having a productive conversation.

Even though parents know their children best, this guide was developed in partnership with child psychologists and includes best practices for how to have the most effective conversation with kids on a tricky subject like vaping.

Before You Talk

Know 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.

Check out our [Get The Facts page \(https://lung.org/quit-smoking/helping-teens-quit/talk-about-vaping/vaping-facts\)](https://lung.org/quit-smoking/helping-teens-quit/talk-about-vaping/vaping-facts).

Put yourself in your child's shoes

Consider your kid's viewpoint. Imagine the obstacles, pressures and social environment before you address your concerns.

Remember what it was like when you were a kid. Make sure to relate to them. Remind them that you're on their side. When empathy is expressed and good communication exists, kids take fewer risks.

Take an open and calm approach

As you talk to your child, avoid judgment or frustration. Kids may pick up on your tone and tune out or react defensively.

An open conversation will disarm the notion that this is a lecture. It will also provide a relaxed environment to discuss ideas without making them feel like they are being blamed or in trouble.

Find the right time and place

Wait for the right opportunity to increase the chance that you are heard. Maybe you're passing a vape shop, watching TV together or talking before your child goes to a concert with friends.

Pick a calm moment that is distraction free. Asking your child about vaping when it is already top of the mind gives you a non-confrontational way to learn about your child's awareness, interest and involvement without defensiveness.

Take time to practice

For important and potentially difficult conversations like these, it's helpful to know exactly what you'd like to say before you say it. Take time, in front of the mirror or with a partner, to run through the points that you feel are most important.

Consider how your child will react to the information. Try to anticipate how the conversation may go and come prepared to respond calmly to any situation. Use tips in this guide and our [Get The Facts \(https://lung.org/quit-smoking/helping-teens-quit/talk-about-vaping/vaping-facts\)](https://lung.org/quit-smoking/helping-teens-quit/talk-about-vaping/vaping-facts) page to help as you prepare.

While You're Talking

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.

Remind your kid that you are both on the same side when it comes to Big Tobacco.

“Do you know why e-cigarettes 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.

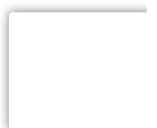
“I know that trying it once won't kill you, but vaping is harmful to your lungs, your body and it's addictive. Why take the risk?”

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 [Get The Facts page \(https://lung.org/quit-smoking/helping-teens-quit/talk-about-vaping/vaping-facts\)](https://lung.org/quit-smoking/helping-teens-quit/talk-about-vaping/vaping-facts) 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 [example]. 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. For more information and advice on how to help kids handle peer pressure, explore [this resource published by the University of Michigan \(https://www.uofmhealth.org/health-library/abl0972\)](https://www.uofmhealth.org/health-library/abl0972).

“I know it can be tempting if your friends are vaping and offer to share it with you. What might you do or say if your friends offer to vape with you? Remember, you can always blame me as a way to say no.”

Follow Up

This isn't a one-time conversation. Even if everything goes well, over time there will be new curiosities, product developments and research findings.

Make sure to leave lines of communication open. Fact sharing is a great way to reintroduce the conversation topic.

“I know it's a lot to take in all at once. If you have any questions or want to talk more about this later, I'm always here for you.”

Stay up to date

Vaping is an ever-evolving issue. Keeping your child protected means staying informed.

Sign up for our newsletter and refer back to our site as a trusted source for updates and trending new discussion topics.

[Sign up for our vape-free e-alerts \(#newsletterSignup\)](#)



Share this information

There are other parents struggling with these same issues and how to address them. Share this website with them on social or in a quick email.

The American Lung Association is also helping schools address the youth vaping epidemic with the Vape-Free Schools Initiative, which equips schools with resources and support for kids who are caught vaping on campus, and those that want to stop. Share the initiative with your child's administrators and teachers.

“ This conversation guide is a perfect tool to share with my children about the dangers of vaping. The facts and questions are presented [in] an easy way to understand. ”

Mackenzie

Get Updates

Sign up to get important anti-vaping-related resources. The best way to protect your child is to be in the know.

STAY INFORMED

Reference

Special thanks to Dr. Yasmin Cole-Lewis, Dr. Lisa Damour, and Dr. S. Christy Sadreameli, who provided issue expertise and feedback on this vaping conversation guide. Dr. Yasmin Cole-Lewis is a postdoctoral fellow in pediatric pain psychology at Boston Children's Hospital. Dr. Lisa Damour is a psychologist, best-selling author, monthly New York Times columnist, and regular contributor to CBS News. Dr. S. Christy Sadreameli is a pediatric pulmonologist at Johns Hopkins Hospital, where she takes care of pediatric patients of all ages with a variety of pulmonary conditions. She also serves as a volunteer medical spokesperson for the American Lung Association.