

Vaping Conversation Guide for Parents

Questions to ask your teen

ARE YOU FAMILIAR WITH VAPES? WHAT HAVE YOU HEARD ABOUT VAPING FROM FRIENDS?

This is a great opportunity to listen. Try not to react or interrupt. Pay attention to what sources their information is coming from and what their attitude towards vaping is. Before jumping in to supply facts, try to learn more.

After listening consider responding with:

A. "That's interesting. Where did you learn that?"

B. Or "Thanks for sharing. There's a bit more to it than that. I think we should talk about it."

DO YOU KNOW WHAT'S IN VAPES?

Now you can help your teen learn the facts. Many teens may not know that most vapes contain nicotine, a harmful and addictive drug.

After listening consider responding with:

"Many vapes have nicotine and other chemicals in them that can be harmful and create long-term damage to your body. Despite the name, there's more than just water and flavoring in them. Ingredients like propylene glycol and vegetable glycerin cause irreversible lung damage and compromise your immune system. And even lead has been found in vapes—which can cause brain damage."

DO YOU KNOW HOW VAPING CAN HARM YOUR HEALTH?

While some teens may be aware of the health risks, many will still think those risks are too far into the future to worry about now. This is a great chance to teach them about the short- and long-term effects of vaping.

After listening consider responding with:

"Vaping is smoking, and there's no such thing as a safe vape. You're young and healthy now, but your brain and body are still developing—making it even riskier for young people to get addicted to nicotine than adults. And once addicted, you'll keep craving it and may be tempted to try other substances. Nicotine will be the boss of you. It can also affect your memory and concentration. Not to mention, it can even lead to lung damage and serious mood disorders down the line."

HOW DOES VAPING MAKE YOU FEEL?

If your teen tells you they've tried vaping, this question can help you uncover their reason. If they tell you vaping helps them fit in with their friends.

After listening consider responding with:

"I trust you to make good choices. I know your friends are important to you, but if they really care about you, they'll understand and support your decision not to vape."

If they tell you vaping helps them cope with stress.

After listening consider responding with:

"I understand that you get stressed sometimes, but vaping is not an effective way to cope. Nicotine addiction can actually increase feelings of stress. In fact, in some instances vapes can worsen symptoms of depression and anxiety. Let's work together to understand what's causing you stress and find a better way to manage it. I want to help."

Pro tip: The talk about vaping is an ongoing conversation. Here's a follow-up question to consider asking a few weeks after your initial talk: "How do you feel about vaping since we last talked?"

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Questions your teen might ask

WHY DON'T YOU WANT ME TO VAPE? WHAT'S SO BAD ABOUT VAPING?

Sometimes, facts may get you further than emotion. Respond with concern, but make sure to use this as a learning opportunity.

After listening consider responding with:

"Vapes contain ingredients that are addictive and could harm different parts of your body. Right now, your brain is still developing, which means you are more vulnerable to nicotine addiction, which can change your brain and make you more easily addicted to other drugs like meth and cocaine. Your health and safety are my top concern."

ISN'T VAPING SAFER THAN SMOKING CIGARETTES?

After listening consider responding with:

"Some people think that, but nicotine is always dangerous no matter the packaging it comes in."

YOU SMOKED SO WHY CAN'T I?

After listening consider responding with:

"You're right. So I know firsthand what nicotine addiction does to your mind and body—it takes control. If I could do it all over again, I never would have started smoking. After learning about the health risks and working really hard, I was able to quit. I don't want you to go through that. The best thing is to not start at all."

HOW DO I SAY NO TO MY FRIENDS IF THEY OFFER ME VAPES?

After listening consider responding with:

"That can be tricky. Sometimes it's cool to be different. They may be impressed that you're standing up for yourself. Another way to handle it is to come up with a better way to spend time or de-stress like playing a game, going for a walk, or going to the mall."



Learn more about talking to your teens about vaping

LetsTalkBucksCo.com

Let's Talk Vaping provides adults with the vaping information they need to support youth to resist vaping, or quitting if they're already using.

