

Tips for Parents/Caregivers: Conversations about Vaping

Guide to having real conversations with your teens
Not just talking to them

BUILD CONFIDENCE: Back Pocket Knowledge

- Nicotine is the chemical found in smoking or vaping products that is responsible for addiction.
- Most teens who smoke or vape tobacco products will become addicted to nicotine and this increases the risk for future addiction to other drugs.
- Nicotine addiction can cause cravings and irritability. It can increase the likelihood of becoming a lifelong smoker.
- Vape is not harmless “water vapor” but contains over 60 known dangerous chemicals including volatile compounds, ultrafine particles, nickel, tin, lead, and flavoring such as diacetyl, which are all linked to serious lung disease.
- Teens who vape may have more anxiety, trouble concentrating, reduced athletic performance, and other symptoms.

Source: smokefree.gov, 2021

PREPARE: Be in the Know

Know how to recognize vaping products.



[Mods]



[E-Liquids]



[Disposables]



[Refillable Cartridges]



HOW TO CHAT, NOT LECTURE: It doesn't have to be weird!

Talking doesn't have to be at the kitchen table. Avoid anxiety-causing dialogue like, "We need to talk tonight." When teens are stressed out, their ability to learn, create, be empathetic or reflect on their values diminish.

USE CASUAL DIALOGUE

Try organic, side-by-side conversations for casual dialogue. Have these conversations in the car, on the couch, while getting ready, or cooking dinner.

MORE CONVERSATION, LESS LECTURE

UNDERSTANDING

Teens may have tried vaping for a number of reasons. Understanding the WHY behind it may allow you to see the ROOT of the problem.

OPEN-ENDED CONVERSATION STARTERS

Try not to use yes or no questions. Your teen will have more room to share their personal thoughts and ideas with open-ended questions.

Why do you think someone would use?

What makes vaping products so appealing?

What have you heard about the safety of these products?

What do you and your friends think about vaping?

What kind of chemicals are in these products?

What questions do you have any these products?

DON'T GIVE UP!

It may take multiple conversations to discuss this topic

Prepare for a back-and-forth conversation with your teen. And it's okay to talk in pieces. Conversations don't have to be an hour. You can use one conversation to plant seeds for future conversations.

ACTIVE LISTENING & PATIENCE

Studies show many teens want to talk about this topic, whether they have just seen vaping products or have used them before. You will probably not like everything you hear. Allow your teen to speak freely before adding input. Trust is gained when someone feels heard and comfortable.



FREE RESOURCES FOR PARENTS

<https://northcoastalpreventioncoalition.org/programs/tc/info/electronic-smoking-devices/>



FREE RESOURCES FOR TEENS

Take the time to go through the free resources below. Then, give them to your teen if they show interest in quitting or want to help a friend. You can also offer go through the process with them.

Contact California Smoker's Helpline:

1-800-NO-BUTTS or 1-844-8-NO-VAPE

Use *This is Quitting* text message service: text "DITCHVAPE" to 88709

Download quitSTART app

Visit teen.smokefree.gov