SUBSTANCE USE PREVENTION EDUCATION



# PARENT'S GUIDE TO VAPING

## Tips for Parents

www.learnwithSUPE.org

## Talking to Your Kids About Vaping

Become educated and know the facts. There are a lot of myths about vaping, and two-thirds of teens do not even realize e-cigarettes have nicotine. Become comfortable with the information and express care and concern.

As with anything else you may speak to your children about, put yourself in their shoes. Consider their viewpoint. Youth and teens face significant peer pressure, especially through social media. Relate to them using empathy and understanding. Imagine the obstacles and pressure they may face.

Avoid lecturing, scare tactics, and using fear. Take a calm and open approach to speaking with them. Ask questions, or ask them what they know about vaping. Avoid casting judgment.

Make this conversation frequent; it should not be a one-time talk. Kids should be able to speak to you openly about what they are facing, which is accomplished by having frequent conversations.

Help your child manage stress and peer pressure. Provide them with resources that can help them manage peer pressure. Follow up with them frequently.

## Learn the Health Effects of Vaping

Health officials have pointed out that vaping nicotine poses serious and avoidable health risks. Exposure to it at a young age causes long-term harm to brain development.

Other health risks may include some of the following:

- Addiction because e-cigarettes contain nicotine.
- Nicotine can worsen anxiety and depression and create sleeping problems.
- E-cigarettes can lead to smoking regular tobacco cigarettes.
- Users are exposed to cancer-causing chemicals.
- It can lead to chronic bronchitis and lung damage.

## Resources To Help Parents

American Lung Association.

CVS Health

NEMOURS CHILDREN'S HEALTH

Campaign for Tobacco-Free Kids