



Talking to Your Teen About Vaping

This presentation provides an overview of the key points to consider when having open conversations with your teen about the risks and realities of vaping.

Understanding What They Know



EXISTING KNOWLEDGE

Ask your teen what they've heard about vaping from friends, school, or other sources.



PERCEPTIONS OF VAPING

Inquire about their views on whether vaping is common among teens and how they perceive its safety.



AWARENESS OF RISKS

Gauge your teen's understanding of the potential health and addiction risks associated with vaping.

UNDERSTANDING YOUR TEEN'S EXISTING KNOWLEDGE AND PERCEPTIONS ABOUT VAPING IS THE FIRST STEP IN HAVING AN OPEN AND INFORMATIVE DISCUSSION.

Exploring Their Perspectives



UNDERSTAND THEIR PERSPECTIVE

Encourage your teen to share their views on vaping and why they think some teens choose to vape.



IDENTIFY PERCEIVED DIFFERENCES

Ask your teen how they think vaping is different from or similar to smoking, and what they believe the implications are.



GAUGE THEIR FEELINGS

Discuss how your teen feels about vaping - whether they see it as safe, risky, or something else entirely.



ANTICIPATE PEER PRESSURE

Explore how your teen would respond if offered a vape, and discuss strategies for handling peer pressure.

BY UNDERSTANDING YOUR TEEN'S PERSPECTIVE, YOU CAN HAVE A MORE INFORMED AND MEANINGFUL DISCUSSION ABOUT THE REALITIES OF VAPING.

Addressing Peer Pressure and Social Situations



UNDERSTAND PEER PRESSURE

Discuss how teens may feel pressured by friends or classmates to try vaping, and explore ways to handle these situations.



ROLE-PLAY SAYING

Practice with your teen how they can confidently say



IDENTIFY SOCIAL TRIGGERS

Discuss common social situations where teens may be more likely to encounter vaping, such as parties or social gatherings, and strategize ways to avoid or navigate them.



BUILD COPING STRATEGIES

Collaborate with your teen to develop healthy coping mechanisms they can use when feeling pressured, such as excusing themselves, changing the subject, or suggesting an alternative activity.

BY ADDRESSING PEER PRESSURE AND EQUIPPING YOUR TEEN WITH THE TOOLS TO HANDLE SOCIAL SITUATIONS, YOU CAN EMPOWER THEM TO MAKE INFORMED, HEALTHY CHOICES WHEN IT COMES TO VAPING.

Sharing Facts About Health and Safety



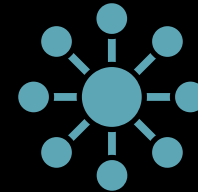
NICOTINE ADDICTION

Vaping products often contain nicotine, which can be highly addictive and impact brain development, especially in young people.



LUNG HEALTH RISKS

Many vaping devices contain harmful chemicals that can cause lung damage and respiratory issues, including lung illnesses like EVALI.



IMPACT ON MEMORY AND CONCENTRATION

Vaping can negatively affect memory, concentration, and overall cognitive function in teenagers and young adults.



INTENTIONAL DESIGN FOR ADDICTION

Vaping companies often design their products to be as addictive as possible, making it challenging to quit once you start.

UNDERSTANDING THE REAL HEALTH AND SAFETY RISKS OF VAPING IS CRUCIAL FOR MAKING INFORMED DECISIONS. DISCUSSING THESE FACTS WITH YOUR TEEN CAN HELP THEM RECOGNIZE THE POTENTIAL DANGERS AND MAKE HEALTHIER CHOICES.

Discussing Social Media and Marketing Influence



VAPE ADVERTISEMENTS ON SOCIAL MEDIA

Teens are frequently exposed to vape ads on social media platforms like Instagram and TikTok. These ads often feature attractive influencers or celebrities using vape products.



APPEALING FLAVORS AND BRANDING

Vape companies design appealing flavors like fruit, candy, and desserts to make vaping seem more enticing and fun for young people.



PORTRAYING VAPING AS

Vape ads often depict vaping as a trendy, rebellious, or sophisticated activity, trying to make it seem desirable for teens.



HIDING HEALTH RISKS

Vape ads frequently downplay or omit the serious health risks associated with vaping, giving teens a false sense of safety.

BY UNDERSTANDING HOW VAPING IS AGGRESSIVELY MARKETING TO TEENS THROUGH SOCIAL MEDIA AND APPEALING BRANDING, YOU CAN HELP YOUR CHILD DEVELOP A MORE CRITICAL EYE AND MAKE INFORMED CHOICES.

Offering Support and Guidance



ASSURE YOUR TEEN OF YOUR SUPPORT

Let them know you are there to help them navigate challenges and make healthy choices.



ENCOURAGE OPEN COMMUNICATION

Remind them that you are available whenever they need to talk or have questions.



EXPRESS PRIDE IN THEIR HONESTY

Acknowledge their willingness to have this conversation and their maturity in addressing the topic.



EMPHASIZE WORKING TOGETHER

Reassure them that you are a team and can collaborate to handle any difficulties they may face.

BY OFFERING UNWAVERING SUPPORT AND GUIDANCE, YOU CAN EMPOWER YOUR TEEN TO MAKE INFORMED, HEALTHY CHOICES AND NAVIGATE PEER PRESSURE WITH CONFIDENCE.



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