



# Talking to Your Teen About Vaping

A guide for parents to initiate open and empathetic dialogues with their teenagers about the risks and realities of vaping, equipping them to make informed, healthy choices.

# Understanding What They Know



## **GAUGE TEEN'S EXISTING KNOWLEDGE**

Understand what your teen already knows or thinks about vaping, including what they've heard from friends or at school.



## **EXPLORE THEIR PERSPECTIVES**

Encourage your teen to share their views on why some teens choose to vape, the perceived differences between vaping and smoking, and their personal feelings about vaping.



## **DISCUSS PEER PRESSURE**

Help your teen think through how they would respond if offered a vape or pressured by friends to try it, and brainstorm ways to handle social situations where vaping is present.

**OPEN AND EMPATHETIC CONVERSATIONS ABOUT VAPING CAN HELP TEENS FEEL INFORMED, SUPPORTED, AND PREPARED TO MAKE HEALTHY CHOICES.**

# Exploring Their Perspectives

- **UNDERSTANDING THEIR EXISTING KNOWLEDGE**

Ask about what your teen has heard and learned about vaping from friends, school, or other sources.

- **ENCOURAGING OPEN SHARING**

Provide a safe space for your teen to express their views, concerns, and feelings about vaping without judgment.

- **DISCUSSING PEER PRESSURE**

Explore how your teen would handle situations where friends are vaping and encourage them to develop strategies to say no.

- **SHARING FACTUAL HEALTH INFORMATION**

Educate your teen about the potential risks and negative health impacts of vaping, including addiction and lung damage.

- **ADDRESSING MARKETING INFLUENCE**

Discuss how vaping companies use social media and flavors to make their products appealing to young people.

# Addressing Peer Pressure and Social Situations



## **UNDERSTAND PEER PRESSURE**

Discuss how teens may feel pressured by friends or classmates to try vaping.



## **PRACTICE SAYING 'NO'**

Encourage your teen to be confident in declining activities that make them uncomfortable.



## **DISCUSS HANDLING SOCIAL SITUATIONS**

Brainstorm ways your teen can respond when friends are vaping.

**EMPOWERING YOUR TEEN TO NAVIGATE PEER PRESSURE AND SOCIAL SITUATIONS RELATED TO VAPING HELPS THEM MAKE HEALTHY CHOICES.**

# Sharing Facts About Health and Safety



## **IMPACTS ON MEMORY AND CONCENTRATION**

Vaping can negatively impact memory and concentration, especially in young people.



## **HIGHLY ADDICTIVE NICOTINE**

Vaping products often contain nicotine, which can be highly addictive.



## **HARMFUL CHEMICALS AND BREATHING**

Some vapes contain chemicals that can affect breathing and lung health.



## **DESIGNED TO BE ADDICTIVE**

Many vaping devices are designed to be addictive, making it hard to quit once you start.

**UNDERSTANDING THE HEALTH RISKS AND DANGERS OF VAPING IS  
CRUCIAL FOR MAKING INFORMED DECISIONS ABOUT YOUR WELL-BEING.**

# Discussing Social Media and Marketing Influence



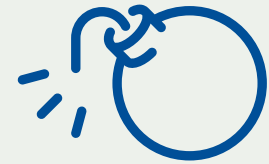
## **RECOGNIZE SOCIAL MEDIA MARKETING**

Discuss how vape companies use social media influencers and ads to make vaping look appealing to teens.



## **ANALYZE MARKETING TACTICS**

Explore how vape companies use flavors like fruit or candy to target younger audiences.



## **UNDERSTAND THE IMPACT**

Discuss the messages that vaping advertisements try to convey to young people and how they might influence their perceptions.

**BY DISCUSSING THE SOCIAL MEDIA AND MARKETING TACTICS USED TO PROMOTE VAPING, YOU CAN HELP YOUR TEEN DEVELOP A CRITICAL EYE AND MAKE INFORMED CHOICES ABOUT THEIR HEALTH AND WELL-BEING.**

# Offering Support and Guidance



## **I'M HERE TO SUPPORT YOU**

If you ever feel pressured to try vaping, I'm here to help you



## **TALK TO ME ABOUT YOUR QUESTIONS OR CONCERNS**

Feel free to come to me if you have any questions or curiosities about vaping



## **I'M PROUD OF YOUR OPENNESS**

Let's keep the conversation going if you ever need advice or have concerns



## **WE'RE A TEAM**

If you face any challenges, like peer pressure, we can work together on ways to handle them

**HAVING OPEN, SUPPORTIVE CONVERSATIONS ABOUT VAPING HELPS TEENS FEEL INFORMED, EMPOWERED, AND PREPARED TO MAKE HEALTHY DECISIONS.**

## U.S. STUDENT E-CIGARETTE USERS



**1.63 million**

middle school and high school students  
currently use e-cigarettes



**410,000**

middle school students



**1.21 million**

high school students



**63%**

of current student users  
report they want to quit



**67%**

have attempted to  
quit in the last year

Source: U.S. Centers for Disease Control and Prevention (<https://www.cdc.gov/tobacco/e-cigarettes/youth.html>)

# Talking to Your Teen About Vaping

Talking to your teen about vaping is an important conversation to have. It provides an opportunity to understand their perspective, address their concerns, and guide them towards making healthy choices. By approaching the discussion with empathy, curiosity, and an open mind, you can create a safe environment for your child to share their thoughts and experiences.



VapeEducate.com

