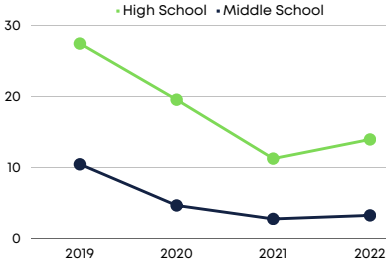


Vaping

Parent Toolkit
MIDDLE & HIGH SCHOOL



TEEN E-CIGARETTE USE



Source: CDC & Journal of
the American Medical
Association

Vaping is the inhaling of a vapor created by an electronic cigarette. Vapes can be refillable or pre-filled. E-liquid can contain nicotine or marijuana distillate or oils

- Vaping in any form is illegal under the age of 21 years old.
- Vaping was initially developed to be a safer alternative to smoking cigarettes, but they have become the cause of nicotine addiction for young people.

Checking in!

“Children who needed to check-in with their parents about their free time were half as likely to try tobacco products” (CDC).

1/2

Keep Lines of
Communication
Open!



For more information and resources visit:
www.substancefreecoalition.org

How to Talk to your child about Smoking & Vaping

BE CLEAR ABOUT...

1. **What You Expect:** be open to hearing their thoughts and experiences, but be direct
2. **Why it's Important:** Explain reasons why it is harmful
3. **How they should respond:** Teach them useful ways to respond to invitations to vape with refusal skills and exit strategies



... and if they still Vape

It is normal to be upset if your child has vaped or smoked. It is important to take time to process before discussing with your child. Make it clear that you love them, but not the behavior. Remind them of the consequences. Remember SMALL consequences often are more impactful than large ones.

Withdrawals



Nicotine withdrawal symptoms can include irritability, restlessness, trouble sleeping & feeling anxious

Mental Health



Youth e-cigarette use have been associated with mental health symptoms such as depression

Coping



Youth may turn to vaping to try to cope with stress or anxiety, creating a cycle of dependence in turn increasing stress levels



CDC: "Talk with your teen about e-cigarettes: a Tip Sheet for Parents"

Know the Signs of Addiction

- Going through withdrawal when nicotine use is stopped
- Obsessing about using nicotine
- Being unable to stop nicotine use even when they want to
- Giving up on social activities because it interferes with ability to vape

For more information and resources visit:
www.substancefreecoalition.org