

Talking with Parents about Vaping

Steps to take and resources to use when talking with parents about e-cigarettes use in youth

Before the Talk

- » Know the Facts
 - » Be prepared with credible information about e-cigarette use in youth.
 - » Resources include The Truth Initiative, Center for Disease Control and Prevention (CDC), National Institute on Drug Abuse for Teens (NIDA).
 - » Be patient and ready to explain marketing strategies, teen use, and dangers associated with vaping.
 - » Who, Why, When, When, Where, and How youth are using E-cigarettes.
- » Have examples ready to explain why you believe their child might be vaping.

Starting the Conversation

- » Find the Right Moment
 - » Discovery of e-cigarette use is the perfect time for youth intervention.
 - » Schedule a time that works for the parent/guardian—be open to before or after work hours.
- » Enter the conversation as a concerned adult and present information in a formal, non-accusatory manner.
- » Start with a Question
 - » Engage the parent by asking about their knowledge of youth vaping and laws
 - » State information in a health-based perspective.
- » Ask for Support
 - » Ask a colleague, teacher, principle, school nurse, etc. to sit in on the conversation with you. However, make sure the parent does not feel attacked.

Answering Their Questions

Just like youth, parents may have many questions about vaping and e-cigarette use, be prepared to answer them or help them find the answers with you. Provide them with resources, such as ANTHC's [Talking with Youth About Vaping](#) to help prepare them for how to talk to their child.

Keeping the Conversation Going

Keep an open line of communication with the parent and be prepared for future questions, comments, and concerns.

For more information visit: www.anthc.org/vaping



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Conversation Starters

- » About 75% of youth are not using E-cigarettes, do you know if your teen is able to resist vaping peer pressure?
- » Did you know that e-cigarettes contain more harmful chemicals other than nicotine?
- » Do you know that vaping can damage your child's development and affect their current and future health?
- » Vaping among youth is becoming more customary across the country, did you know that it's affecting the youth in our community?

Frequently Asked Questions about Vaping

What is the big deal about nicotine?

- » Using nicotine at a young age may make it harder for youth to concentrate, learn, or control your impulses.
- » Nicotine can even train a young adult's brain to be more easily addicted to other drugs like meth and cocaine.

I thought that e-cigarettes safer than traditional cigarettes.

- » Because the brain is still developing, scientific studies show that it isn't safe for youth to use any tobacco product that contains nicotine, including e-cigarettes. Whether they get nicotine from an e-cigarette or a cigarette, it's still risky.
- » Other risks also occur, some e-cigarette batteries have even exploded, injuring and killing people.

I thought e-cigarettes didn't have nicotine—just water and flavoring?

- » Many e-cigarettes and vaping products have nicotine; however, there are also other chemicals in the flavoring and the aerosol that are harmful.
- » Let's look at the Surgeon General's website on e-cigarettes (e-cigarettes.surgeongeneral.gov) together so that we can find out what exactly is in an e-cigarette.

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