

Talking with Youth about Vaping

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

Before the Talk

- » Know the Facts
 - » Have credible information about e-cigarettes and youth vaping ready.
- » Be patient and ready to listen.
 - » Avoid criticism and encourage open dialogue.
 - » Remember, your goal is to have a conversation, not deliver a lecture.
- » Choose the right time and place
 - » Choose a place that is relaxing and where neither of you will feel rushed

Starting the Conversation

- » Find the right moment.
 - » A more natural discussion will increase the likelihood that a teen will listen. Discuss a situation or experience that recently happened.
- » Appeal to their good judgement
 - » Young adults make smart decisions every day. Compliment their good judgment and remind them they don't have to be influenced by peer-pressure.
- » Ask open-ended questions
 - » Instead of asking yes or no questions, ask open-ended questions that encourage participations. If you're generally curious, youth will be less likely to get defensive.

Answering Their Questions

Youth will have many questions about vaping and e-cigarette use, be prepared to answer them or help them find the answers with you. On the next page are some questions and comments you might get from a teen about e-cigarettes and some ideas about how you can answer them.

Keeping the Conversation Going

- » Share facts and resources—let them help with find the answers to their own questions, allowing them to own their knowledge.
- » For resources to help quit vaping contact your family physician or call the Alaska Quitline: 1-800-QUIT NOW (784-8669)

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



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Conversation Starters

- » Are a lot of kids vaping at your school? Are your friends vaping?
- » What do you think about vaping?
- » Do you know what is in a JUUL pod and other vapes?
- » Do you know how vaping can damage your health?
- » Do you know the other ways vaping affects your life?

Frequently Asked Questions about Vaping

Why don't you want me to use e-cigarettes?

- » Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- » Right now, your brain is still developing, which means you are more vulnerable to addiction. Many e-cigarettes contain nicotine, and using nicotine can change your brain to make you crave more nicotine. It can also affect your memory and concentration. I don't want that for you.

What is the big deal about nicotine?

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

I thought that e-cigarettes safer than traditional cigarettes.

- » Because your brain is still developing, scientific studies show that it isn't safe for you to use any tobacco product that contains nicotine, including e-cigarettes. Whether you get nicotine from an e-cigarette or a cigarette, it's still risky.
- » Some e-cigarette batteries have even exploded and hurt people.

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

- » I used to think that too. But, many e-cigarettes have nicotine, there are also other chemicals in the flavoring and the aerosol that can be 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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