

A GUIDE FOR

TALKING WITH TEENS ABOUT VAPING

BEFORE THE TALK

KNOW THE FACTS: GET CREDIBLE INFORMATION ABOUT E-CIGARETTES AND YOUTH.

BE PATIENT AND READY TO LISTEN: AVOID CRITICISM AND ENCOURAGE OPEN DIALOGUE. ASK THEM QUESTIONS. I.E. WHAT IS APPEALING TO YOU ABOUT VAPING?

START THE CONVERSATION

FIND THE RIGHT MOMENT: SEEING A TV AD, OR SOMEONE USING AN E-CIGARETTE, OR PASSING AN E-CIG SHOP MAY ELICIT A MORE NATURAL DISCUSSION.

ASK FOR SUPPORT: A HEALTHCARE PROVIDER, A SCHOOL COUNSELOR, A TEACHER. A PARENT. TRUSTED ADULTS CAN HELP REINFORCE THE MESSAGE. REMEMBER IT TAKES A VILLAGE!

ANSWERING THEIR QUESTIONS

WHY DON'T YOU WANT ME USING E-CIGARETTES?

AREN'T THEY SAFER THAN TRADITIONAL CIGARETTES?

WHAT'S THE BIG DEAL ABOUT NICOTINE?

KEEP THE CONVERSATION GOING

CONNECT. ENCOURAGE. REMIND. REPEAT

DO NOT LECTURE. IT'S OK FOR YOUR CONVERSATION TO TAKE PLACE OVER TIME.

SHARE FACTS AND RESOURCES

FACTS AND RESOURCES

[CDC - Quick Facts on Risks of E-Cigs for Teens](#)

[TeenSmokeFree.gov](#)

[Truth Initiative](#)

[Cancer Happens® Teen Education](#)

Adapted from: [Surgeon General Office](#)