

10

WAYS TO KEEP YOUR TEEN FROM VAPING



1. MODEL HEALTHY HABITS

Set a good example and avoid using any vaping or tobacco products. Create a nicotine-free environment that reduces the temptation to start using.

2. FOCUS ON HEALTH

Emphasize the benefits of living a healthy lifestyle and make staying vape-free part of a larger health and wellness plan, along with eating well and staying physically active.

3. EDUCATE YOURSELF

Take the time to research facts and statistics about teen vaping, and share what you learn with your child. You can also direct them to trusted sources so they can learn more themselves.

4. LEARN HOW TO IDENTIFY VAPES AND STEALTH E-CIGARETTES

It can be difficult to notice nicotine products disguised as smartwatches, sweatshirts, fidget spinners, or gaming devices, or to discover disposable vapes. Find out how to spot these devices.

5. KNOW THE SYMPTOMS OF NICOTINE ADDICTION

Common signs of vaping addiction include an inability to stop vaping, or feeling anxious or irritable due to cravings when not vaping. These may signal that your teen needs help.

6. PICK A NATURAL TIME TO TALK

Try to let the conversation about e-cigarettes come up naturally, especially if they are exhibiting signs of use. Remember that this should be an ongoing conversation. It's okay for the discussion to happen in bits and pieces over time.

7. BE PATIENT AND UNDERSTANDING

Talking to them about vaping can be difficult, especially if you think they have begun vaping. Be open to your child's questions about vaping, and remember that keeping your cool is critical to having a productive discussion.

8. KEEP TRYING

Conversations about vaping may not always go according to plan. Do not give up if your discussion does not go the way you hoped. You should take a different approach or revisit the topic at some point in the near future.

9. TEACH THEM HOW TO MANAGE STRESS

Your teen may be more likely to start vaping as a way to cope with stress or anxiety. Let them know that this will not relieve stress, and teach them healthy coping mechanisms such as pausing and breathing deeply or getting exercise.

10. HELP THEM DEVELOP REFUSAL SKILLS

Educate your child on how to say no to peer pressure. Talk to them about different techniques they can use when friends or classmates try to get them to start vaping. You can do role-playing so they can practice their refusal skills.



A PARENT'S ROLE

The research is clear that parents are an important influence on a teen's decision not to vape. It might seem like they are not listening or paying attention, but tobacco and nicotine use is a behavior on which parents have an especially large impact. You can help your teen avoid the negative health effects of vaping by following the steps provided here.

Vaping is a serious issue, which is why it is so important that you take action to protect your child. The good news is that there are many resources available to help you, and many other parents are facing the same challenge. Always remember the three key components of vaping prevention: Knowledge, understanding, and communication.

**YOU CAN HELP YOUR CHILD
ESCAPE THE VAPE.**

ADDITIONAL RESOURCES

Smoke-Free Campaign

smokefree.gov

teen.smokefree.gov

Health and Human Services

digitalmedia.hhs.gov/tobacco/educator_hub/about/for_parents