

A VAPING CONVERSATION GUIDE FOR PARENTS

After you talk

1. Say thank you

Let your child know that you appreciate them for listening, for their honesty and for continuing to make the right decisions.

Ending the conversation on a note of trust will make it easier for them to talk to you when they have questions or need advice.

2. Help your child manage stress

Unfortunately, stress is universal and can be experienced at a young age. Talk to your kid about any larger concerns or pressures they may be feeling. Make sure they have healthy outlets for relief.

3. Help your child manage peer pressure

One of the largest motivating factors of youth vaping is influence from friends or classmates.

Consider rehearsing or role playing to give your kid the social tools to refuse tobacco products. Offer some quick facts or an anecdote that they may feel comfortable sharing.

4. Stay up to date

Vaping is an ever-evolving issue. Keeping your child protected means staying informed.

5. Follow up

This isn't a one-time conversation. Even if everything goes well, over time there will be new curiosities, product developments and research findings.

Make sure to leave lines of communication open. Fact sharing is a great way to reintroduce the conversation topic.

6. Share this information

There are other parents struggling with these same issues and how to address them. Share this information with them on social or in a quick email.

