

A VAPING CONVERSATION GUIDE FOR PARENTS

Before you talk with your child

1. Know the facts

Misinformation about vaping is everywhere. Two thirds of teens don't even realize that e-cigarettes contain addictive nicotine.

Before the conversation, get comfortable with the key dangers and potential motivations for kids to vape. You may not feel like an expert, and that's okay. Expressing care and concern is one of the best ways to support your child.

2. Put yourself in your child's shoes

Consider your kid's viewpoint. Imagine the obstacles, pressures and social environment before you address your concerns.

Remember what it was like when you were a kid. Make sure to relate to them. Remind them that you're on their side. When empathy is expressed and good communication exists, kids take fewer risks.



3. Find the right time and place

Pick a calm moment that is distraction free. Asking your child about vaping when it is already top of the mind gives you a non-confrontational way to learn about your child's awareness, interest and involvement without defensiveness.

Wait for the right opportunity to increase the chance that you are heard. Maybe you're passing a vape shop, watching TV together or talking before your child is on their way out with friends.

4. Take an open and calm approach

As you talk to your child, avoid judgment or frustration. Kids may pick up on your tone and tune out or react defensively.

An open conversation will disarm the notion that this is a lecture. It will also provide a relaxed environment to discuss ideas without making them feel like they are being blamed or in trouble.

5. Take time to practice

For important and potentially difficult conversations like these, it's helpful to know exactly what you'd like to say before you say it. Take time, in front of the mirror or with a partner, to run through the points that you feel are most important.

Consider how your child will react to the information. Try to anticipate how the conversation may go and come prepared to respond calmly to any situation.