

Parents **Tip Sheet**

Know the RISKS



Campaigns against tobacco companies have been around for the last thirty years, so our young people are aware of the dangers and have essentially been “scared out” of smoking traditional cigarettes. However, the new trend of vaping is on the rise. The first vape was developed within the last ten years, and there are many false beliefs about it, such as it being a safe alternative to smoking. While the long term effects are not being studied yet, there are many short term effects seen in people, specifically young people.

BEFORE THE TALK

Read up on current and accurate vaping facts and information. There is a lot of false information circulating that your teen may believe. If you currently use tobacco, now is the time to stop. Your teen is looking to you to set the example, and likely will not be receptive if they see you using tobacco too.

**IN THE NEXT 6 MONTHS
30.7% OF TEEN
E-CIGARETTE USERS
WILL START SMOKING
CIGARETTES**

30.7%
*will start
smoking*

Source: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services.



Popcorn Lung - Bronchiolitis Obliterans

DURING THE TALK

The conversation does not have to be a lengthy conversation that is done at one time. It may be better suited in smaller pieces. Listening to their opinions is so important during the talk. Keep the environment open and honest. Ask open ended questions such as “What do your classmates think about vaping?” “What is your exposure to vaping at school?” See a list of questions below that may spark the conversation. Keep an open mind. Do not criticize them for what your teen tells you.

AFTER THE TALK

Keep watch for signs that your teen is vaping. Keep the conversation flowing and open. If you have stopped the use of tobacco to better communicate with your teen, make sure they know why you are quitting.

QUESTIONS TO ASK

1. I've heard that vaping is super dangerous. Is that what you have heard? I'm curious what you think.
2. How many people do you think vape at your school?
3. What do your classmates say about vaping?
4. Are there any health problems that can come from vaping?
5. What is your biggest worry about vaping?
6. What is the biggest draw to vaping?
7. Are there any health problems that can come from vaping?
8. What does the e-cigarette usually look like?
9. What shows usually have actors vaping?
10. Do you know how to use an e-cigarette?
11. Why do most people vape?



Vaping weakens the immune system.