

HOW DO I TALK TO MY CHILD ABOUT VAPING?

- 1. Be calm.** Your manner will set the tone for your communication.
- 2. Start early.** Educate your child before he or she is exposed to or offered a vape. Share RHA's youth fact sheet. [Respeath.org/vape](https://respeath.org/vape)
- 3. Find the right time.** Bringing up vaping in a natural way, like when you see it in a TV show, is more effective than sitting your child down for a lecture.
- 4. Do not be accusatory.** Make it a dialogue. Listen without judgement and calmly state your concerns.

5. Ask them what they're hearing or seeing at school.

Correct any misperceptions. Emphasize that these products are not safe.

6. Talk about industry manipulation. Point the blame at the industry and its desire to make money at the expense of young people's health.

7. Avoid extremes (i.e. "the vape device will blow up and kill you."). Be factual and fair in delivering the message.

8. Leave the door open for your child to ask more questions in the future. This should be an ongoing discussion. It takes time to change a person's mind.

EVEN GOOD KIDS VAPE

Don't assume your child isn't vaping. Between 2017 and 2018, the number of youth using e-cigarettes increased by 1.5 million. Now, more than one out of every four high school students reports using e-cigarettes. All kids are exposed to vaping and many will be curious. Start the conversation today.



respeath.org/vape

A PARENT'S GUIDE TO VAPING



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WHAT IS VAPING?

Electronic cigarettes (e-cigarettes) are handheld, battery-powered devices that produce an inhalable aerosol by heating an internal solution (often called an “e-liquid” or sometimes “juice”), usually containing nicotine, flavorings and other additives. E-cigarette use is commonly referred to as “vaping”, or more recently, “JUULing”. The devices may visually resemble traditional cigarettes, USB memory sticks and tobacco pipes. The devices can be sold under such product names as vape pens, e-hookahs, e-cigs, mods and vapes.

The JUUL® e-cigarette is a product that has surged in popularity, especially among teens. JUUL appeals to youth with its flavored liquids and discrete design. It is shaped like a USB flash drive, and thus is easy to conceal. In a single year, JUUL sales increased by more than 600%.

WHY ARE E-CIGARETTES BAD?

- Studies have found at least 60 different chemicals in e-liquids. Because they are unregulated, their full contents are unknown.
- Nicotine affects adolescent brain development. One JUUL pod contains as much nicotine as a pack of cigarettes.
- We don't know the long term health consequences. Hundreds of illnesses and multiple deaths have been reported across the country. Vaping may cause lifelong damage even if done for a short period of time.
- Studies show young people who vape are more likely to use conventional cigarettes. The tobacco industry is hooking a whole new generation.
- Vaping can make certain illnesses worse, including asthma.

HOW DO I KNOW IF MY CHILD IS VAPING?

- You notice a sweet smell – e-liquids come in thousands of flavors.
- They're spending more money than usual.
- You find pods/cartridges or other unusual devices (e.g. a new USB drive).
- They're irritable, which can be a sign of withdrawal or cravings.
- They have new or increased coughing, sore throat, difficulty breathing, nausea – all things we've seen in people who've developed respiratory issues.
- They experience more or sudden nosebleeds.
- They're thirsty – nicotine can make you dehydrated.
- They cut back on caffeine or become more jittery, as nicotine interacts with caffeine.

WHAT CAN I DO?

- Educate yourself. Know the facts about vaping. Familiarize yourself with what e-cigarettes or vapes look like. Recognize the signs of vaping. Visit resphealth.org/vape for more resources.
- Be a positive role model by staying smoke-free.
- Speak with other parents, school staff, coaches, your child's physician and other trusted adults to create a community of support and increase awareness about the risks of vaping.
- Be aware of your teen's online activity. The e-cigarette industry is targeting youth through social media and other popular sites.

WHAT DO I DO IF MY CHILD IS VAPING?

Don't panic. Reacting with anger or intense emotion can make a child defensive and less likely to hear what you have to say.

Tell your child you are there to support him or her and help them quit.

Set up an appointment with your child's physician who may be viewed as a more trusted, neutral party. Advice from a medical professional is viewed as highly credible.

Resources are available, including Truth Initiative's mobile cessation program. <https://www.thetruth.com/articles/hot-topic/quit-vaping>

Encourage your child to seek support.

If your child is experiencing flu-like symptoms, like coughing, chest pain, difficulty breathing or vomiting, take him or her to the hospital immediately.



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