Tips for talking with your kids about

VAPING

Know the facts. Learn about e-cigarettes and young people before you start the conversation with your child.

- E-cigarettes are known by many different names. They are sometimes called e-cigs, e-hookahs, mods, vape pens, vapes, tank systems, and electronic nicotine delivery systems.
- Most vaping devices contain and deliver nicotine. Nicotine can harm a teenager's developing brain and lead to addiction.
- Simply talking with your teen about these products can help protect them.

Be patient and ready to listen.

Your goal is to have a conversation, not to deliver a lecture. So avoid criticism and encourage an open dialogue.

There is no "perfect time" to talk.

Driving in the car together or waiting at an appointment is often the best time. You can start by mentioning a news story, a TV show, or something that you heard about vaping. Or ask your child what he or she thinks about a situation you witness together such as seeing someone use an e-cigarette, passing a vape shop when you are out, or seeing an e-cigarette advertisement.

There is no "perfect talk."

Consider your talks with your child about vaping as a learning opportunity for both of you, and perhaps just the beginning of an ongoing dialogue. You may have some facts about vaping at hand, but concede that you don't know all the answers. It will go a long way to keep your kids from going on the defensive.

Ask what your child thinks.

Show some genuine curiosity. Ask your child, "What's your take on vaping?" or "Do you know kids who use e-cigarettes?"

Be open and honest.

Be truthful about what you know about the dangers of vaping, and what you don't. You can honestly say, though, "Vaping isn't harmless. I hope you can steer clear of it."

You can't always control everything your children do when they're not with you. Talking with your kids about vaping will let them know that you're concerned about their health.

Excerpted from *Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents* from *E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General* and other content taken from *How to Talk to Your Kids about Vaping,* New York Times, February 2, 2018.

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